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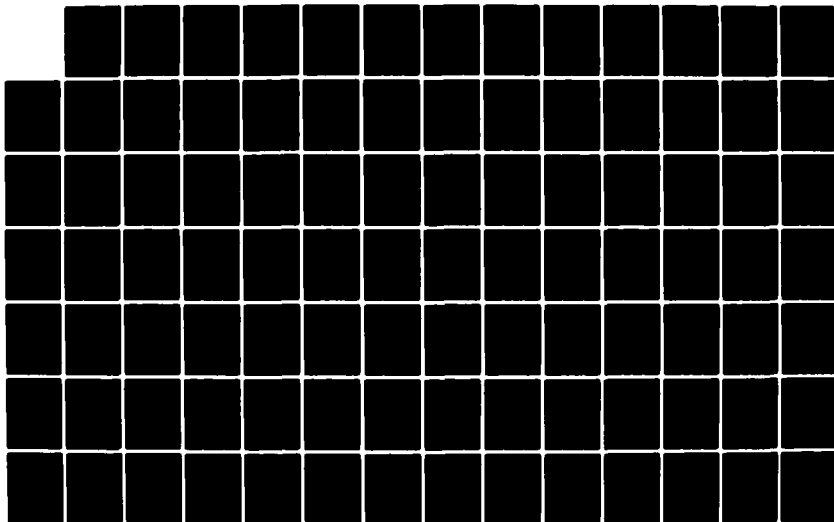
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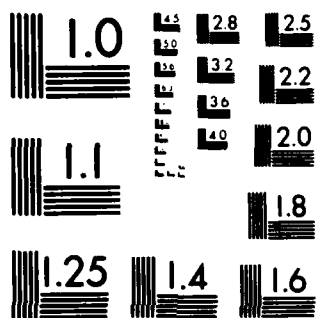
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**NUTRITIONAL EVALUATION OF A CIVILIAN OPERATED  
MILITARY FEEDING SYSTEM AND ITS PATRONS**  
The Tri-Services Dining Facility, Ft. Myer, Virginia

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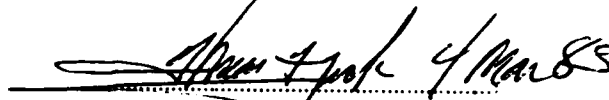
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Human Subjects participated in these studies after giving their free and informed voluntary consent. Investigators adhered to AR 70-25 and USAMRDC Reg 50-25 on the use of volunteers in research.

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The major clinical observation was the high incidence of caries and debris of the teeth. Although hematocrits and transferrin saturations were below acceptable values in 5 to 15% of the men examined, less than 2% had hemoglobin values which were below acceptable levels. Serum folic acid values reflecting recent folate intakes were below the standard values for 23 to 50% of the 3 subpopulations (infantry, garrison non-infantry, and non-garrison non-infantry). Elevated blood triglycerides were found in 24.7% of the men and high cholesterol values were found in 1.7% of the men. Over 30% of the men who may be assumed to be less active, the non-infantry men, had elevated levels of triglycerides.

With a large percentage of personnel eating only 1 meal/day in the Dining Hall, the meal pattern analyses showed that the most utilized combinations were single meals with 17 to 19% of the people eating at 1 of each of the 3 regular meal periods, 9.7% during late supper, and 2.1% during midnight breakfast.

Plate waste values were over 15% of that served for many of the foods including most of the salads, cakes, pies, and soups. Feeding military personnel is a large and expensive operation involving a number of people and much equipment. The civilian contractor operation of this system appears to be an attractive alternative. Civilian contractor operations must be carefully and continually monitored to assure that an adequate diet is provided for the troops and that food is properly handled and prepared. Also, the military must maintain the capability of feeding its personnel in emergency situations.



## ABSTRACT

A 10-day nutrition survey was conducted at Ft. Myer, Virginia. It included assessments of food and nutrient consumptions in the Tri-Services Dining Hall, clinical and biochemical (blood and urine) evaluations of nutritional status of men eating at the dining hall, and attendance and meal patterns of the dining hall patrons. This Tri-Services Dining Hall was operated under a civilian contract for everything from procurement through clean-up to evaluate if there was a monetary and manpower savings through this concept. Although most combinations of 3 meals daily (1 meal/meal period) would provide the daily military allowances, it was possible to obtain 3 daily meals that contained less than the recommended allowances of iron for women and of vitamin A, thiamin, and niacin for both men and women. However, 64.3% of the personnel ate only 1 meal/day in the dining hall, 25.4% ate 2 meals, only 8.4% consumed 3 meals, and the remaining 1.9% had more than 3 meals/day in the dining hall.

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## PREFACE

This survey report represents a combined interdivisional effort of the United States Army Medical Research and Nutritional Laboratory (now an integral part of Letterman Army Institute of Research, Presidio of San Francisco, California), Fitzsimons Army Medical Center, Denver, Colorado. The Bioenergetics Division collected the basic data on nutrient intake, food wastes and anthropometric measurements; the Analytical Branch of the Chemistry Division collected the blood and urine samples and performed the majority of the chemical analyses of the food, urine, and blood; the Nutrition and Gnotobiotic Branch of the Chemistry Division conducted the microbiological vitamin assays of the food, urine, and blood; the Computer Division interviewed each man for histories, collected head count data, and was responsible for the calculation of nutrient intakes as well as the correlation and statistical reduction of the data; and the Administrative Division conducted the nutritional clinical examinations and was responsible for administrative details.

The diligent efforts of all members of the survey team were deeply appreciated. These members were: MAJ Raymond F. Burk, MD, MC; MAJ Gerald F. Fisher, MS; MAJ Roque S. Romero, MS; CPT Donald L. Wallace, MS; Messrs. Harry J. Krzywicki, Paul P. Waring, Ted A. Daws, Robert A. Barnhart, Orville T. Aker, Wallace D. Lindsey, Sherwin T. Amimoto, James Foster, Darrell D. Hensley, Joe B. Boys; SFCs Lawrence E. Jones, Douglas Z.B. Wist; SSG Damon R. Rath, SGT Anthony P. DeBlecourt, SP6 Charles Hunter, SP5s John E. Long, Kenneth E. Goldman, Bruce M. Christensen, Aubrey V. Ross, Charles W. Boyd, Myron K. Knight, Teddie J. Brezina, Bob G. Lloyd, Jr., Donald Paine, Lester Lamparski, Terrence Z. Williams; SP4s Bruce E. Oermann, Donald P. Rahman, Abdul Hamid; PFCs Kenneth W. Kiker, Calvin M. Inouye, and John L. Lowell.

The excellent assistance and cooperation of the following men from the Military District of Washington were deeply appreciated: COL M.J. Hazam, AG, Chief of Staff; COL Robert H. Quinn, MC, Surgeon; COL T.C. McChesney, VC, Veterinary Officer; MAJ Donald Wallace, MC, Preventive Medicine and Coordinator; LTC Louis J. Molli, MS, Executive Officer, Surgeon's Office; and, COL B.R. Haralson, IN, Troop Commander, Ft. Myer.

We give special note of thanks to WO3 Nicholas Gianopolos, Food Supervisor at the Tri-Services Dining facility, and his military assistants for their continued cooperation during the survey.

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The Surgeon General requested by letter dated 8 June 1962 that the U.S. Army Medical Research and Nutrition Laboratory, Fitzsimons General Hospital, Denver, Colorado, conduct an annual nutrition survey on representative samples of U.S. Army personnel. According to AR 40-25/BUMEDINST 10110.3B/AFR 160-95, the Surgeon General of each respective service is responsible for assuring the nutritional adequacy of food served and for evaluation of the nutritional status of the military personnel (1). The nutrition surveys provide information which assist The Surgeon General to fulfill his responsibilities.

Department of Defense Instructions 3200.10 dated 12 July 1968 assigned the responsibility for formulating the DOD Food Research, Development, Testing, and Engineering Program to the Secretary of the Army. The Joint Service regulation specifies that The Surgeon General of the Army (TSG) is the developing agency for the nutrition and wholesomeness portions of the program. At the direction of TSG, the U.S. Army Medical Research and Nutrition Laboratory (1976-81, Department of Nutrition, Letterman Army Institute of Research) served as the performing research laboratory for the DOD nutrition research program.

Army Regulation 40-25 (1) defines the nutritional standards of both the military male and female. It is based upon the Recommended Dietary Allowances of the National Academy of Sciences/National Research Council, Food and Nutrition Board (2).

Military personnel have been reducing drastically their utilization of the military dining facilities as a source of their daily nutrient intakes even though these meals are provided free to single junior enlisted personnel. This lack of utilization has become a major concern of our military commanders for several reasons. The primary concern is for the nutritional status of the person so that his/her health, physical condition, and mental functions are optimal. The next concern is for the economics and efficiency of the military feeding system since this a significant portion of the military budget. Other concerns include maintaining a training basis for military cooks required in a combat area and keeping the military feeding system current with the state-of-art for food storage, processing, preparation, and dispensing. In response to these concerns, the military services have been developing and testing several new concepts of military feeding.

The Tri-Services Dining Hall at Ft. Myer was selected as a test of an all civilian-operated feeding system. Since the contractor at this facility was operating on a profit motive and was reimbursed on the basis of the number of meals served at an established rate per meal, DOD and its responsible representatives became concerned about the nutritional adequacy of the meals provided and the nutritional status of the personnel dependent upon this dining hall. Therefore,

TSG requested that this facility be studied to provide an evaluation of the effects of a civilian catered feeding system upon nutrient consumptions and nutritional status of enlisted personnel. This report describes the results of the study.

#### METHODS

The Tri-Services Dining Hall at North Post, Ft. Myer, Virginia, was studied for a period of 10 days during May 1972. As many as 2200 individuals were served per each meal period as follows:

- |   |              |
|---|--------------|
| a. Full course breakfast                      | 0515-0830 hr |
| b. Continental breakfast                      | 0600-1000 hr |
| c. Full course, short order, and diet dinners | 1030-1300 hr |
| d. Full course, short order, and diet suppers | 1530-1800 hr |
| e. Late supper (short order)                  | 1900-2200 hr |
| f. Midnight breakfast (full course)           | 2230-0100 hr |

This schedule permitted the patrons to obtain meals at most times of the day.

Accurate weights were obtained of all ingredients used for each recipe and of the final cooked product. All foods placed on the serving lines and the excesses after each meal were weighed. Plate wastes were collected, separated, and weighed. Head counts were obtained for each serving line. Samples of each food offered were obtained and used in making food composites of each type of meal served based upon the amount of each food consumed from, and the head count for, that line.

The nutrient contents of each meal were determined by chemical analyses of the composite and by computer programs using the LAIR Nutrient Factor File. The computer program calculated the nutrients based upon stored handbook values (3-6) for each food or ingredient. This method required the entry of data for head counts, recipe weighings, and amounts of food served and remaining on the plates. Statistical comparisons of the various nutrient intakes, as determined by the two methods, were made using the paired-t test at the 95% confidence level.

The nutritional status of a selected number of military personnel consuming their daily subsistence in the dining hall was examined. These persons were placed into 3 classifications: a) infantry, b) garrison non-infantry, and c) non-garrison non-infantry. Between 35 and 60 enlisted men were studied each morning before they had breakfast. A brief history was obtained from each individual, including social security number, age, race, marital status, military history, where most meals were eaten, smoking habits, and present usage of medication and vitamin or mineral supplements. The men were then given a clinical examination for signs of nutritional

deficiencies. Fasting blood and overnight urine specimens were collected for a biochemical evaluations of nutritional status. Other measurements included body height, weight, and skinfold thicknesses at two sites (triceps and subscapular).

Each diner's last initial, the last four digits of his/her social security number, sex, and branch of service were recorded each time that the person ate a meal. These data were computer processed for analyses of eating patterns, nutrient intakes of the individual based on average meal nutrient contents, and utilization of the dining hall during meal periods and for specific meals (e.g., short order, diet, or full course). Data were analyzed by day; therefore, a man-day is defined as one person appearing at the dining hall one or more times during the 24-hour period. Anyone not eating any meals during a specific day would not be included in the day's compilation.

Proximate analyses for water, fat, protein, ash (7), and carbohydrate (latter by difference) were done on all food samples. Total calories were determined by bomb calorimetry (8). Chemical analyses for carotene and vitamin A (9), vitamin C (10), calcium (7), and iron (11) were conducted on the food samples while pyridoxine, riboflavin, and niacin were determined by microbial methods (12). Hemoglobin (13), hematocrit (14), and serum protein by refractive index (15) were measured immediately after obtaining blood samples. Whole blood, serum, plasma, and erythrocyte samples were prepared, frozen, and analyzed later. Folic acid levels were determined in whole blood (16) and in plasma and erythrocytes (17). The serum samples were analyzed for the levels of iron and total iron binding capacity (11), total protein (18) and protein electrophoretic patterns (19), ascorbic acid (20), phospholipid, cholesterol, and triglycerides (21), and calcium (22), phosphorus (23), magnesium, copper, and zinc (24). Vitamin B<sub>12</sub> (17) and vitamin A and carotene (25) levels were determined in the plasma. Glutathione reductase (26) and transketolase (27) activities were determined in the red cell preparations. The men provided a sample of their first urine of the day and pH (28), specific gravity (15), and osmolality (29) were determined on-site. Further analyses of these urines included thiamin, riboflavin and vitamin B<sub>6</sub> (17), creatinine (30), urea nitrogen (31), total nitrogen (32), sodium and potassium (33), calcium (22), phosphorus (23), and magnesium (24).

An indication of food acceptability was derived from the percentages of plate wastes for each food item and food category.

## RESULTS

For evaluation of the nutritional adequacy of the meals served at the Tri-Services Dining Hall, data on daily dietary allowances for military personnel from AR 40-25 are presented (Table 1). Women's

allowances are reduced 29.4% in calories and 20.0% in protein, but increased 28.6% in iron when compared to those for men.

The average nutrient content for each type of meal as determined by the two methods is presented in Table 2. With the exception of continental breakfasts, energy intakes were over 950 kcal/meal, protein was over 34 gm, fat was over 33 gm, and carbohydrate was over 99 gm/meal. The "diet dinner" from chemical analyses contained the most calories while the "diet supper" contained about the average number for supper meals. Significant differences between values determined by the two methods were noted consistently for thiamin, riboflavin, and niacin, for most fat contents, and for some calorie, protein, calcium, iron, and vitamin A values.

The continental breakfasts (Table 3) had more carbohydrate and less fat and protein calories percentage-wise than the other meals which contained 13.6 to 16.8% protein, 40.5 to 46.1% fat, and 39.5 to 45.5% carbohydrate calories. Per 1000 kcal, the meals contained 0.43 to 0.62 mg of thiamin, 0.70 to 1.09 mg of riboflavin, and 3.5 to 10.7 mg of niacin. The short order dinners, the suppers, and the late suppers had the lowest concentrations of thiamin and riboflavin, and all breakfasts contained lower amounts of niacin.

The calculation of nutrient intakes for each person using the average values for each specific meal provided the data (intake/man/day) in Table 4. All nutrients increased by essentially equal increments as the number of meals increased. From the last column of data, it can be determined that the average man was receiving 48% of his caloric allowances, 61% of protein, 84% of calcium, 66% of iron, 78% of vitamin A, 49% of thiamin, 68% of riboflavin, 53% of niacin, and 114% of his ascorbic acid allowances from the dining hall.

The introduction of carbonated soft drinks into the military dining halls has created some concern about its effect upon milk consumption. Therefore, the amounts of milk and soft drinks consumed are shown in Table 5. Milk consumption decreased throughout the day being highest for breakfasts including midnight and lowest for late supper. Soft drink intakes were lowest for breakfasts and highest for dinners, short order suppers, and late suppers; intermediate values were observed for full course and diet suppers.

Personal demographic data, nutritional clinical examination information, and blood and urine specimens were obtained from 348 enlisted men (Table 6). Eighty-four percent of this population were E-3s and E-4s; 88% were single; 86% were Caucasian; and over 70% reported that they ate most of their meals in the military dining hall. They averaged 21.5 years of age, 74.7 kg in weight, 178.9 cm in height, and 10.3 to 12.7 mm for skinfold thicknesses.

The positive (Table 7) and negative (Table 8) indications of nutritional deficiencies observed during the clinical examinations are presented. The most numerous findings involved the teeth with lesser findings involving skin, thyroid, tongue, and gums.

Hematocrits and transferrin saturations (Table 9) were less than acceptable in 4.6 to 14.9% of the sub-populations examined. However, hemoglobin values had less than 2% incidence of unacceptability. Serum folic acid values were below normal in 23 to 50% of the men in the 3 groups with several values in the deficient range. The standard values used for establishing acceptability and deficiency are presented in Table 10 for comparative purposes.

With the exception of the plasma folacin values (Table 11), most of the vitamin data (vitamin C, vitamin A, carotene, vitamin B<sub>12</sub> and red blood cell transketolase) showed few values in the low range of acceptability. Four percent of the plasma folacin values were in the deficient range and 37.2% in the low range of acceptability. The red blood cell glutathione reductase activation coefficient showed 25.7% of the population to be in the low to deficient ranges. Only 5 cholesterol values were above 250 mg/dl; however, 5.6% of the phospholipids and 25.7 of the triglycerides were elevated. Although most of the plasma protein values were normal, 26.3% of the globulins were low, the highest percentages of low globulins being in the alpha-1, alpha-2, and beta globulin fractions. The albumin:globulin ratios showed that 4.7% of the values were high. Serum minerals were normal except for one low magnesium and one low copper value.

The incidences of elevated blood triglycerides and cholesterol (Table 12) were 25.7 and 1.7%, respectively, for the total group. Although the lowest incidences of increased triglycerides were found in the group eating at home, this sub-population is too small to draw any conclusions. The men from the 3rd Infantry Unit had the lowest incidence of hypertriglyceridemia; however, 17.3% of this group still had elevated levels.

With the exception of a few low vitamin excretions, the urinary parameters (Table 13) were all normal. The values from the ICNND manual (37) were used for assessing acceptability and are shown in Table 14.

The sex and branch of service of the personnel using the dining hall are shown in Table 15. Using the man-day method of calculation, we counted a specific person only once during a 24-hour period no matter how many times he/she signed in for different meals or for second/third helpings, but, he/she was recounted for each succeeding day that he/she signed in. Seventy six percent of this population were Army, 17.7 Navy, and 5.5% Air Force. Nine percent of the population were women.

The largest number of meals served (Table 16) was for the main breakfast during the week and for the main supper on the weekends. Late supper was well attended during both weekdays and weekends. When diet meals were available, 11.1% of the diners ate these and 1.72% of the breakfast eaters had the continental breakfast. The total number of meals served/daily averaged 3562 during the week and 2461 for the two weekend days.

From 63 to 69% of the people ate only 1 meal/day (Table 17) in the dining hall, while about 25% ate 2 meals/day. Only 7 to 9% ate 3 meals/day and from 0.6 to 1.1% ate more than 3 meals/day. The people eating more than once per meal period averaged 2.6% for the 10 day survey.

The percentages of the people eating specific meals and meal combinations are shown in Table 18, while the percentages of those who ate during a meal period from any of the available lines are presented in Table 19. The most utilized meal pattern during the week was the main breakfast while the single meals, main dinner and main supper, were popular on the weekends. Only about 3% of the population ate a meal during each of the breakfast, dinner and supper periods.

The amounts of food left on the plates (Table 20) were weighed for calculation of consumption in the dining hall. High plate wastes (>15%) were observed for Spanish franks, Salisbury steak, meat loaf, meat balls, and chicken cacciatore in the first three meat categories; cheeseburgers in the sandwich group; scalloped potatoes in the potato category; asparagus, beets, lettuce, peas and carrots, spinach, squash, sauerkraut, and mixed vegetables in the vegetable group; essentially all of the salads and soups; corn bread and pancakes in the bread category; most of the cakes and pies; pineapple in the juice group; and catsup and barbecue sauce in the miscellaneous category. Examining the foods by category showed that salads had 21.6% plate wastes; pies, 19.9%; cakes, 15.9%; and soups, 15.3%; while less than 5% plate wastes were found for fruits, cold cuts, fats, dairy products, eggs, and sugars. The percentages of plate wastes as well as grams served and consumed per man for each individual food and meal are presented in Appendix C.

## DISCUSSION

The nutrition survey was conducted at Ft. Myer, Virginia as part of one of this laboratory's missions to provide The Surgeon General with current data on the nutritional intake and status of military personnel. Since this dining hall was being used to try a new concept in military feeding - all-civilian catered from food procurement through clean-up - additional information on food acceptability, quality, and dining-hall attendance was requested to evaluate this system as a possible future method of feeding military personnel.

The caloric allowances presented in Table 1 are for moderately active men and women, differing by 1000 kcalories for the sexes. The average nutrient intakes were determined from average consumptions for everyone eating at that meal, including 9% women. The caloric allowances were easily met by the averages for a breakfast, a dinner, and a supper ( $1047 + 1385 + 1097 = 3528$  by chemical analyses and  $982 + 1377 + 1068 = 3427$  by calculation). Although the protein intake from the continental breakfast was low, only 18.4 or 19.2 grams, combining this with any dinner and supper would meet the generous allowance of 100 gm. The amount of fat in the "normal American" diet has become a concern of both the medical and nutritional professions. Therefore, The Surgeon General's advisory group has recommended that the military strive to reduce the calories from fat to less than 40% of those consumed. Although the short order and late suppers approached this goal with 40.6 and 40.5% fat calories, only the continental breakfast succeeded (34.9%). The midnight breakfast contained 46.1% fat calories. However, this high fat consumption is similar to those observed in previous surveys by this laboratory, e.g., 42.4% fat in the military camp study in the 1950s (34) and 41.7% at Ft. Huachuca (35). Fat is a concentrated source of calories that lends satiety, increases the palatability of the diet, and is a source of the essential fatty acids.

The reduction of fat consumption is a difficult problem due to American's penchant for animal proteins which contain large concentrations of fat and their preferences for fried food, e.g., French fried potatoes and onions, fried eggs, fried chicken, hamburgers, etc. The reduced availability of surplus commodities, including butter and lard for military dining halls that were not available to the contractors, should help this program. Calcium intakes were adequate despite the reduced milk consumption. Iron intakes were adequate even for the increased requirement for women from the chemical analyzed values if they consumed this number of calories. However, if their calories were reduced about 30% from these averages to correspond to their reduced allowances or needs, their iron intakes could be below the recommended allowances, especially based upon the handbook values. The vitamin A intakes could become marginal if the short order dinners and suppers were the main fare, especially for women assuming that their intakes were around 30% below the average. Thiamin, riboflavin, and niacin intakes from the analyzed values would be more than adequate; however, the handbook value for thiamin and possibly niacin would suggest that the consumption of these vitamins could be low.

Both the analyzed and handbook values are presented because of the discrepancies between the two. Since the handbook values are generally lower than the analyzed values (except for vitamin A and fat), using these values to assure adequate intakes would provide an additional margin of safety above those provided by the Recommended Daily Allowances (2). There are several factors that may contribute

to these differences in values. Primarily, calculation errors in preparing the food composites in the field would be eliminated by the verification of data used in the computer programs for handbook calculations. Recently, the validity of the handbook values has been challenged and many of these values may be outdated due to improved analytical techniques and the fortification of foods with micronutrients. Generally, the calories and protein values agree well indicating that the compositing errors were minimal or cancelled themselves out. The analyzed values for fat are lower, as has been consistently observed, than the handbook values, possibly due to problems involved in obtaining complete extraction of the fat. Since the carbohydrate values are obtained by difference, the lowered fat values yielded elevated carbohydrate values. The higher thiamin, riboflavin, and niacin values from microbial analyses of the foods suggest that the handbook values do not reflect the current values of fortified foods. Using these handbook values and basing vitamin intakes on caloric consumption (Table 3 ) show that short order meals, regular supper and late supper, were below allowances for thiamin and all breakfasts were low for niacin. Calculated daily intakes (Table 4) based on meal pattern analysis indicate that the men who consumed three meals had adequate intakes for all nutrients. Two meals provided adequate calcium and phosphorus for both men and women and sufficient riboflavin for women. One meal provided essentially all (50 or 60 mg) of the vitamin C allowances.

Although one serving line was considered a diet line for the dinner and supper meals, calorie consumption was not lower for personnel eating from these lines (Table 2). This could be attributed to the serving of cold plates and cold made-to-order sandwiches although some diet type foods (boiled eggs, salads, tuna sandwiches, sherbet, and jello) were offered. A dieter would need considerable nutritional knowledge to select a meal from the food offered if he/she wanted to reduce his/her caloric intakes. However, the clinical data indicated that obesity was minimal at this post and the major criticism of this line would be that it was misrepresented.

The introduction of carbonated soft drinks into the military dining hall has reduced milk consumption. Earlier surveys reported milk consumptions over 1000 gm/man/day (34,35,36). Meals conducive to soft drink consumption by tradition, short order meals and late supper, had greater soft drink than milk intakes, especially for the late supper where milk consumption was significantly lower than all other meals except other suppers. The highest milk consumptions, from 260 to 303 gm per person, were found at the breakfasts which are normally associated with high milk consumption and at the regular dinners. Statistical analyses confirmed these intuitive conclusions with significant effects of type of fluid consumed and meals, and an interaction between the two from analysis of variance. Multiple range test indicated that soft drink consumptions for regular and continental breakfasts were significantly less than for all other

consumptions with the exceptions of milk at the late supper and soft drinks at midnight breakfast. Milk intakes for regular and continental breakfasts and regular dinner were significantly greater than milk consumption at late supper and soft drink consumptions for regular and continental breakfasts and midnight breakfast. Milk consumption at midnight breakfast significantly exceeded intakes of milk for all suppers and short order dinner, and of soft drinks for all breakfasts, diet and regular suppers, and diet dinner. The lowest milk consumption (significantly less than milk consumption for all breakfasts and dinners and soft drink intakes for all dinners and late and regular suppers) was for the late supper - a hamburger, fried chicken, French fried potatoes type meal. Correlation analyses showed a significant negative correlation ( $r = -0.2998$ ) between milk and soft drink intakes only when all meals were included, and for short order suppers. Positive correlations between fluid intakes were obtained for continental breakfast and for diet dinners. It appears logical that a negative correlation should be observed, i.e., if more of one fluid is consumed per person, then less of the other would be consumed; however, the positive correlations indicate that some other factor(s), e.g., salt content of the food or daily temperatures, was(were) influencing the consumptions of both milk and soft drinks more than they affected each other. After deleting data from the three breakfast meals (regular, continental, and midnight), no significant correlation existed between fluid intakes. Since calcium and other intakes were adequate, reduced milk consumption was not a nutritional problem. The sugar intake from consuming 93 to 255 gm of soft drinks per man per meal could result in dental problems as well as adversely affecting serum triglycerides. The prevalence of dental caries and incidence of high levels of serum triglycerides were prominent observations in the clinical and biochemical evaluations.

The enlisted men selected for the clinical and biochemical examinations were typical of the Army's young enlisted ranks. Since one of the criteria for their selection was eating at the dining hall, most of them were single. Their weights averaged 75.0 kg (99.3% of their standard weights from insurance tables). The lack of obesity in the group may reflect that these men were stationed at Ft. Myer because they had been selected for display: honor guards, national band, and Pentagon employees. The major clinical findings were the high incidence of dental caries and debris of the teeth possibly related to the large amounts of sugar consumed and poor dental hygiene. The criteria for the interpretation of the biochemical data were based on those in the ICNND's Manual for Nutrition Surveys and standards used in the Ten State Nutrition Survey (37, 38). All vitamin A values were normal. Only the garrison troops had individuals with "less-than-acceptable" ascorbic acid values. The relatively high percentages of unacceptable hematocrit and transferrin saturation values suggest that the criteria established for these parameters may not be accurate in view of the relatively low incidence of anemia as determined by hemoglobin levels. The percentage of

individuals with low serum folic acid was high. Serum folate is generally interpreted as being indicative of the amount of folic acid recently consumed in the diet, while red blood cell levels are more indicative of the long-term (weeks) intake of the vitamin. There were only two individuals, both in the non-infantry non-garrison group, who had low red blood cell folate values.

Examination of the blood lipid data of the men, after categorizing them by unit and where they consumed most of their meals (Table 12), showed that the incidence of elevated blood cholesterol levels was too low (less than 2%) for interpretation. The men consuming most of their meals at home had the lowest incidence of increased triglycerides. However, only 15 men comprised this group. The incidence of elevated triglycerides was lower in the group eating in the dining hall than for those eating either at restaurants or at a combination of the places, indicating that the dining hall food was not any more conducive to raising these blood lipids than foods from other sources. The infantry soldiers had lower (17.3%) incidences of increased triglycerides than the two non-infantry groups (32.5 and 30.3%), and that possibly reflects greater physical activity for infantry men. These results should be interpreted cautiously. Although the bloods were obtained early in the morning, there was no assurance that the men had been fasting for 14 hours.

Analyses of the head count data showed the typical pattern of reduced (31%) number of meals served on the weekends when the military personnel were away from post or sleeping late (main breakfast attendance was decreased by 64%). Only 9.4% or fewer of the Army males, and even fewer of the total dining hall population, ate 3 meals/day at this facility. About 25% ate two meals and 63 to 69% ate 1 meal/day in the Tri-Services Dining Hall. These figures exclude the 2.5 to 3.3% of the people eating more than once during a meal period which were men or women signing in at two lines to obtain foods served in different lines, those signing in to obtain seconds, and those using another person's meal card. Despite the fact that the dining hall was open for about 14 hours per day and a late supper (1900-2200 hr) was served, the dining hall patrons averaged only 1.42 meals/day or 47% utilization of the facility. Since these figures were calculated on a daily basis, the man or woman not eating in the dining hall during a specific day was not included in that day's figures. However, it does include the transients who may have been on post only during one meal and the people who are authorized separate rations and may eat one meal at the dining hall for convenience. Another factor contributing to the low utilization of the dining hall was that many of the patrons of this facility, while living at Ft. Myer, worked at the Pentagon and other places too far away to return for the noon meal. A large number of these personnel were reimbursed for 1 meal/day for the convenience and efficiency of the military. With almost two-thirds of the personnel eating only 1 meal/day at the dining hall, the three most utilized eating patterns were main breakfast only, main

dinner only, and only the main supper. The popularity of the main breakfast and main or late supper combinations during the weekdays probably reflects personnel assigned to distant work sites while the increased utilization of the main dinner-main supper combination during the weekends reflects the late sleepers for these non-duty days. Main breakfast, main dinner and main supper, the most popular 3-meal combination was utilized by only 0.8 to 1.4% of the group. Analyses of these patterns by meal period after combining all meals within the period only increased the percentages and did not change the general pattern. Over 45% of the group ate some type of breakfast (midnight, regular, or continental); 39.6% ate dinner and 72.5% ate some type of supper, including late supper. These figures include personnel who ate more than once during a meal period, ate both a supper during regular hours and a late supper, and those who ate a midnight breakfast and morning breakfast (each time that they ate was accumulated in the percentages).

The plate waste data had to be obtained to calculate consumption figures, but were not of any direct interest to the military since the contractor had to buy the food. However, plate waste can provide information on food quality and acceptability. If less than 15% plate waste is used as the criterion for acceptability, most of the foods served with minimal preparation (cold cuts, milk and dairy products, eggs, most of the breads, cereals, sugars, fruits and most juices, fats and salad dressing, soft drinks, and most of the miscellaneous items) were well accepted while many of the foods requiring more preparation were less acceptable. This could be a reflection on the quality of food preparation although some items (e.g., chicken cacciatore) have higher wastes due to the inedibles. High plate wastes for foods such as scalloped potatoes, spinach, squash, sauerkraut, and mixed vegetables are not unusual although good food preparation can reduce these losses. The high plate wastes for desserts and salads were unusual and were attributed by the survey team to the presentation of the same dishes of food to the patrons for several consecutive meals without proper wrapping to prevent drying out of cakes and pies and wilting of salads. Appendix C contains the plate waste data for each food served for each meal and indications for serving stale foods can be obtained by examining waste data for a specific food served for several meals. One example is the kidney bean salad with 30-40% plate wastes on day 1; 2-14% on days 2 and 3; 40-70% from late supper day 4 through day 5; 0-28.5% on day 7, and 15-39% on day 8. These data indicate that this salad was prepared on the second and seventh days of the survey. Another example is cottage cheese which was presented at every meal except breakfasts during the survey. Plate wastes were low for dinner day 2, dinner day 4, late supper day 5, and dinner day 7. In each instance, plate wastes increased during the following meals. Potato salad, lettuce, jello, and pudding, which were frequently served, and other salads and desserts which were not served as consistently throughout the survey, show the same pattern of low plate wastes initially, which then

increased during the following meals. Breakfast coffee cake had low plate wastes for breakfast but then increasing wastes for dinner and supper. Many of the soups, despite the common names presented in the tables, contained many of the leftover vegetables from the serving line and this may have contributed to the large plate wastes. Kitchen wastes were kept at the minimum; however, this was then reflected in increased plate wastes.

Feeding military men and women is a large and expensive operation involving many personnel and much equipment. The civilian contractor operation of this system appears to be an attractive alternative. However, the military must maintain the capabilities to feed its personnel so that it can react to any emergency situation which might arise. Contracts for combat feeding would be difficult to get accepted by any bidder and would be prohibitively expensive.

#### CONCLUSIONS

The data from the 10-day nutrition survey at the Tri-Services Dining Hall, Ft. Myer, Virginia, indicated that some nutrient intakes could be less than the military allowances depending upon meal selection and whether chemical or calculated values for nutrients were correct. These nutrients included iron for women and vitamin A, thiamin, and niacin for both men and women. The percentage fat calories for all meals, with the exception of continental breakfasts, exceeded the recommended 40% maximum as suggested by TSG's Nutrition Advisory Committee. Other nutrients (calories, proteins, and vitamins) were adequate for the moderately active young man or woman. The major clinical findings involved the teeth, i.e., excessive caries and debris. The incidence of elevated blood triglycerides, 17.3% for infantry soldiers and 30.3 and 32.5% for two groups of non-infantry men, is a serious medical problem which should be investigated. Over 60% of the patrons ate only 1 meal/day in the dining hall with less than 10% eating 3 or more. The overall average was 1.42 meals/day per patron or 47.3% utilization based on 3 meals/day. Plate wastes were over 15% for most of the food items that required cooking before serving.

#### RECOMMENDATIONS

- Careful monitoring of military feeding systems should be continued with emphasis on percentage fat calories, iron, vitamin A, thiamin, and riboflavin intakes.

- The high incidence of elevated blood triglyceride levels should be investigated to determine the cause(s) and an attempt made to reduce this incidence, possibly through physical activity programs.

- As new feeding systems are introduced providing increased availability of short order foods, the vitamin and iron status of the

personnel utilizing these dining facilities should be examined periodically with the possibility in mind that fortification of these foods may become necessary.

- An attempt should be made to increase dining hall utilization possibly through better food preparation, better service to the patron, and longer dining hall hours with a late supper as provided in Tri-Services Dining Hall.

- Any civilian contractor operated system must be carefully monitored to assure adherence to the Master Menu, to assure that adequate portion sizes are provided, and to assure that food is properly handled and prepared. Deviations from the Master Menu should require documentation of their impact upon available nutrients.

- The non-diet food items should be removed from the diet line or the truly low-calorie foods should be distinguished from those of higher caloric density.

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APPENDIX A

Table 18 - Percent of Personnel Utilizing Various Meal Combinations

Table 19 - Percent of Personnel Utilizing the Dining Hall During  
Various Meal Period Combinations

Table 20 - Grams of Food Served and Left on Plates and Percentage  
Plate Wastes

TABLE 1. Daily Dietary Allowances for Military Personnel, Moderately Active in a Temperate Environment - AR 40 - 25 (1)

Nutrient	Men	Women
Kcalories*	3400	2400
Protein, gm	100	80
Calcium, mg	800	800
Iron, mg	14	18
Magnesium, mg	400	350
Thiamin, mg	1.7	1.2
Thiamin, mg/1000 kcal	0.50	0.50
Riboflavin, mg	2.0	1.7
Riboflavin, mg/1000 kcal	0.59	0.71
Niacin, mg	22	16
Niacin, mg/1000 kcal	6.5	6.4
Vitamin C, mg	60	60
Vitamin A, IU	5000	5000

\*Kcalories from fat should not exceed 40%

TABLE 2. Average Nutrient Intakes/Meal as Determined by Two Methods

Meal	Kcal	Protein gm	Fat gm	CHO gm	Ca gm	Fe mg	Vit A mg	Thia IU	Ribo mg	Nia mg	Asc.A. mg
<u>From analyses (chemical and microbial)</u>											
<u>Breakfasts</u>											
Midnight	1279	41.1	58.1	120.7	536	12.8	2392	1.26	3.15	16.9	...
Regular	1040	35.8	43.7	102.9	690	7.8	1439	1.02	2.38	12.1	...
Continental	823	19.2	21.9	122.6	614	7.0	1524	0.86	1.58	10.7	...
<u>Dinners</u>											
Regular	1374	51.3	48.3	152.0	458	7.3	2489	1.17	1.93	18.9	...
Short Order	1372	48.6	48.3	155.1	508	11.1	1155	1.15	1.90	20.4	...
Diet	1409	53.8	54.8	142.1	479	10.2	1417	1.23	2.09	18.2	...
<u>Suppers</u>											
Regular	1000	42.3	33.7	107.1	355	7.0	2551	0.76	1.64	14.5	...
Short Order	1180	47.6	39.2	130.8	393	7.8	748	0.99	1.65	18.1	...
Diet	1087	40.6	43.2	108.7	384	8.2	1345	1.11	2.20	14.2	...
Late	1120	44.4	42.5	113.0	604	7.2	882	0.88	1.31	21.1	...
<u>From handbook values utilizing computer</u>											
<u>Breakfasts</u>											
Midnight	1200*	43.1	61.5	117.9	561	6.6*	2505	0.75*	1.17*	5.0*	63
Regular	966	34.6	47.6*	99.9	472*	5.3*	2066	0.57*	0.99*	4.0*	41
Continental	781	18.4	29.9*	105.3	421*	3.0*	879	0.41*	1.86*	2.7*	36
<u>Dinners</u>											
Regular	1295	46.3	64.2*	136.0	537	6.8	3413	0.68*	1.00*	8.7*	71
Short Order	1402	47.9	65.6*	157.7	548	7.3	1430	0.60*	0.97*	10.5*	48
Diet	1335	54.8	66.0*	134.3	645	8.3	2167*	0.72*	1.12*	8.9*	59
<u>Suppers</u>											
Regular	978	36.7	45.8*	107.1	375	6.0	4560	0.47*	0.85*	7.9*	73
Short Order	1142	40.3*	52.0*	130.4	452	6.1	1109*	0.49*	0.81*	9.2*	54
Diet	1070	44.4	52.1	108.2	541	6.6*	1505	0.64*	0.95*	7.0*	42
Late	1083	45.8	49.0	115.8	339*	6.4	939	0.46*	0.76*	11.6*	54

\*Significantly different from analyzed values at the 1% level, using paired-t tests.

TABLE 3. Source of Calories and Vitamin Concentrations  
in Meals, from Calculated Values

Meal	<u>Percent of calories</u>			<u>mg/1000 kcalories</u>		
	Protein	Fat	Carbohydrate	Thiamin	Riboflavin	Niacin
<u>Breakfast</u>						
Midnight	14.4	46.1*	39.5	0.62	0.97	4.2†
Regular	14.5	45.0*	40.5	0.59	1.03	4.1†
Continental	9.5	34.9	55.6	0.52	1.09	3.5†
<u>Dinners</u>						
Regular	14.2	44.3*	41.5	0.53	0.77	6.7
Short Order	13.6	42.0*	44.5	0.43†	0.70	7.5
Diet	16.2	44.0*	39.8	0.54	0.83	6.7
<u>Suppers</u>						
Regular	14.9	41.6*	43.5	0.48†	0.88	8.1
Short Order	13.9	40.6*	45.5	0.43†	0.70	8.0
Diet	16.4	43.4*	40.2	0.60	0.88	6.5
Late	16.8	40.5*	42.7	0.43†	0.70	10.7

\*Exceeds the recommended maximum of 40% of calories from fat.

†Less than the Military Daily Dietary Allowances.

TABLE 4. Average Nutrient Intake/Man/Day for Personnel Eating Various Numbers of Meals as Calculated by Computer Programs<sup>1</sup>

Item	Number of Meals Per Day					
	1	2	3	4	5	Any No. <sup>2</sup>
Man days <sup>3</sup>	14258	5659	1881	345	55	22215
Energy, kcal	1107	2200	3336	4446	5533	1641
Protein, gm	41.0	81.8	124.9	167.6	210.9	61.0
Fat, gm	53.3	105.6	159.8	212.4	263.4	78.8
Carbohydrate, gm	117.6	234.2	355.1	473.2	588.5	174.6
Calcium, mg	455	900	1347	1773	2186	670
Phosphorus, mg	640	1271	1926	2567	3212	949
Ca/P ratio	0.71	0.71	0.70	0.69	0.68	0.71
Iron, mg	6.2	12.4	18.8	25.1	31.4	9.2
Sodium, mg	1490	2974	4392	5738	6951	2198
Potassium, mg	1294	2583	3970	5365	6784	1931
Vitamin A, IU	2637	5368	7646	9701	11180	3897
Thiamin, mg	0.56	1.11	1.67	2.20	2.71	0.83
Riboflavin, mg	0.92	1.83	2.73	3.60	4.44	1.36
Niacin, mg	7.7	15.7	24.5	33.5	42.8	11.7
Ascor acid, mg	59	120	180	238	292	88

<sup>1</sup>Based upon accumulating each individual's intakes from his meal pattern (Table 18) and weighted average intake for that type of meal as a source of nutrients and dividing this total by the number of people utilizing this number of meals for each particular day, i.e., a person eating once/day for 3 days would be counted 3 times for the one meal average, 2 times per day for 4 days would be counted 4 times for the 2 meal average, etc.

<sup>2</sup>These data represent the average amounts of nutrients that the patrons consumed in the dining hall irrespective of the number of meals eaten.

<sup>3</sup>Man days is a summation for 10 days of each day's number of patrons eating each number of meals, i.e., an average of 1425.8 people ate one meal/day in the dining hall each day but any specific individual could have contributed to any, all or none of the totals depending upon the constancy of his eating pattern.

TABLE 5. Average Consumptions of Milk and Soft Drinks (gm/man/day)<sup>1</sup>

Meal	<u>Milk</u>		<u>Soft Drinks &amp; Punch</u>	
	Average	$\pm$ SD	Average	$\pm$ SD
<u>Breakfasts</u>				
Midnight	303	$\pm$ 70	108	$\pm$ 73
Regular	260	$\pm$ 47	74	$\pm$ 46
Continental	287	$\pm$ 133	23	$\pm$ 38
<u>Dinners</u>				
Regular	262	$\pm$ 50	228	$\pm$ 91
Short Order	207	$\pm$ 64	241	$\pm$ 47
Diet	225	$\pm$ 82	203	$\pm$ 79
<u>Suppers</u>				
Regular	167	$\pm$ 32	190	$\pm$ 55
Short Order	172	$\pm$ 34	248	$\pm$ 98
Diet	189	$\pm$ 22	158	$\pm$ 48
Late	106	$\pm$ 24	238	$\pm$ 42

<sup>1</sup>These averages and standard deviations are of the average gm/man/meal

TABLE 6. Personal History and Anthropometry of Men Examined

Rank	No.	%	Marital Status		Ethnic Group	
E1	1	0.3	Divorced	1.44%	Hawaiian	0.29%
E2	32	9.2	Separated	0.29	Oriental	0.57
E3	133	38.2	Married	10.63	Indian	0.86
E4	160	46.0	Single	87.64	Puerto Rican	0.86
E5	22	6.3	Widowed	0	Spanish	1.15
Total	348	100.0			Black	9.77
					Caucasian	86.21
					Other	0.29

	<u>Non-Infantry</u>			All Subjects <sup>1</sup>	
	Garrison	Non-garrison	Infantry	AV	SD
	<u>AV</u>	<u>AV</u>	<u>AV</u>		
Place of Meal Consumption, %					
Dining Facility	75.3	70.6	74.7	73.6	...
Home	2.6	1.8	6.8	4.3	...
Restaurant	9.1	13.8	3.1	7.8	...
Combined	13.0	13.8	15.4	14.4	...
<u>Personnel</u>					
Number of Men	77	109	162	348	...
Age, years	22.4	21.4	21.2	21.5	2.0
Body wt, kg	72.5	72.7	77.2	74.7	9.4
Standard wt, kg	73.4	73.4	76.8	75.0	9.2
Standard wt, %	98.9	99.0	100.4	99.3	...
Body ht, cm	176.2	176.9	181.5	178.9	6.2
<u>Skinfolds, mm</u>					
Triceps, right	10.3	10.8	10.6	10.6	4.4
Triceps, left	10.7	11.0	10.8	10.8	4.5
Scapula, right	12.4	11.4	10.9	11.4	4.7
Scapula, left	12.7	11.5	11.2	11.6	4.8

<sup>1</sup>Average and standard deviations.

TABLE 7. Positive Findings of the Nutritional Clinical  
Examinations (Total Number 347)

Clinical Sign	Severity and Frequency*							
	1 No.	%	2 No.	%	3 No.	%	4 No.	%
EYES								
Angular lesions of eyelids	1	0.3						
Circumcorneal injection bilateral	1	0.3						
LIPS								
Angular lesions: lesions(1), scars(2), both(3)	2	0.6						
Cheilosis	2	0.6						
TEETH								
Edentulous: partial (1)								
complete (2)	3	0.9	1	0.3				
Plates: Partial (1)								
upper & lower (2)	4	1.2	1	0.3				
Visible caries	21	6.1						
Debris (1), calculus (2), both (3)	25	7.2	2	0.6	7	2.0		
Fluorosis	0							
SKIN								
Follicular hyperkeratosis	0	0	5	1.4	7	2.0	6	1.7
Dry or scaling (xerosis)	2	0.6						
Perifolliculosis	14	4.0	1	0.3				
ABDOMEN: hepatomegally	4	1.2						
THYROID								
Enlarged, grade 1,2,3,4	10	2.9	2	0.6				
LOWER EXTREMITIES								
Absent knee jerk, bilat	2	0.6						
Absent ankle jerk, bilat	3	0.9						
GUMS								
Atrophy, recession inflam	4	1.2	11	3.2				
Marginal redness/swelling	2	0.6	3	0.9				
Swollen red papillae	0	0	2	0.6				
Bleeding gums	1	0.3						
TONGUE								
Filiform papillary atrophy	3	0.9	1	0.3				
Fungiform papillary hypertrophy	1	0.3						
Geographic	4	1.2						
Fissures	3	0.9						
Serrations or swellings	8	2.3						

\*Severity of symptoms increase from mild (1) to very severe (4).

TABLE 8. Negative Findings of the Nutritional  
Clinical Examinations

<u>Clinical Sign</u>	<u>Clinical Sign</u>
<u>Hair</u> Dry, staring	<u>Fingernails</u> Clubbed, spooned or ridged
<u>Eyes</u> Thickened bulbar conjunctiva Conjunctival injection, bilateral Xerosis conjunctivae Bitot spots Xerophthalmia	<u>Face and Hands</u> Hyperpigmentation Purpura or petechiae
<u>Tongue</u> Red edges Scarlet, beefy glossitis Magenta	<u>Lower Extremities</u> Calf tenderness Pretibial edema, bilateral Absent vibratory sense of ankle
<u>Face and neck</u> Malar pigmentation Nasolabial seborrhea Parotids visibly enlarged	<u>Scrotum</u> Scrotal dermatitis

TABLE 9. Percent of Examinees with Biochemical Values  
Less than Acceptable

Parameter	3rd Infantry	Non-Infantry	
		Garrison	Non-Garrison
Hemoglobin	1.9	1.3	0.0
Hematocrit	14.9	6.5	4.6
Serum Iron	3.2	6.8	1.9
Transferrin Saturation	14.1	11.3	10.7
Total Protein	12.0	2.6	1.8
GSSR Stimulation <sup>1</sup>	2.5	5.2	0.9
Ascorbic Acid	0.0	10.4	0.0
Serum Folic Acid	44.7 <sup>2</sup>	23.4 <sup>2</sup>	50.4 <sup>2</sup>
Urinary Thiamin	0.0	6.9	0.0
Urinary Riboflavin	1.4	1.4	1.0
Urinary Vitamin B <sub>6</sub>	2.8	9.7	4.9

<sup>1</sup>GSSR = glutathione reductase

<sup>2</sup>Includes 8, 3 and 4 individuals, respectively, whose serum folic acid values would be interpreted as folic acid deficiency.

TABLE 10. Ranges of Values for Establishing Acceptability  
of Blood Parameters (37,38)

Blood Parameter	Deficient	Low	Acceptable
Hematocrit, %	<36.0	37 to 44	>44
Hemoglobin, gm/dl	<12.0	12 to 13.9	>14
Iron, mcg/dl	<30.0	30 to 60	>60
Total iron binding capacity, mcg/dl	---	---	250 to 410
Transferrin, %	<15.0	15.0 to 19.9	>19.9
Total protein, gm/dl	<6.0	6.0 to 6.4	>6.4
Albumin, gm/dl			3.7 to 5.4
Albumin, %			52 to 71
Globulin, gm/dl			2.5 to 3.6
Globulin, %			33 to 48
Albumin: globulin ratio			1.0 to 2.1
Alpha- 1 globulin, %			2.4 to 5.6
Alpha- 2 globulin, %			6.6 to 14.0
Beta globulin, %			9.0 to 15.0
Gamma globulin, %			9.0 to 22.0
Phospholipids, mg/dl			5 to 12
Cholesterol, mg/dl			150 to 250
Triglycerides, mg/dl			30 to 135
Vitamin C, mg/dl	<0.10	0.1 to 1.9	>1.9
Vitamin A, mcg/dl	<10.0	10 to 19	>20
Carotene, mcg/dl	<20.1	20 to 39	>40
Vitamin B <sub>12</sub> , pg/ml	<150	150 to 200	>200
Red cell transketolase % stimulation	<25	15 to 24	>15
Plasma folacin, mcg/ml	<3.0	3.0 to 5.9	>5.9
Red cell folacin, mcg/ml	<140	140 to 159	>160
Red cell glutathione reductase activation coefficient	<1.4	1.2 to 1.4	>1.2
Phosphorus, mg/dl			2.5 to 4.7
Magnesium, mg/dl			1.5 to 2.5
Copper, mcg/dl			70 to 140
Calcium, mg/dl			9 to 11
Zinc, mcg/dl			55 to 150

TABLE 11. Biochemical Evaluation Blood Parameters of Total Examined Population

Blood Parameter	Mean	SD	% of Men with Values in Low to Deficient Range*
Total globulin, gm/dl	16.2	0.99	1.2 below 14.0 gm
Hematocrit, %	47.1	2.67	9.8 below 44%
Iron, mcg/dl	107.0	37.2	5.1 below 60 mcg
Total iron binding capacity, mcg/dl	337.2	48.4	1.8 below 250 mcg
Iron saturation, %	32.4	12.7	16.6 below 20%
Vitamin A, mcg/dl	55.5	11.0	0 below 20 mcg
Carotene, mcg/dl	121.4	42.9	0.3 below 40 mcg
Vitamin C, mg/dl	0.61	0.32	2.3 below 0.2 mg
Vitamin B <sub>12</sub> , pg/ml	558.7	305.0	0 below 200 pg
Whole blood folacin, mcg/dl	16.1	5.4	...
Red cell folacin, mcg/dl	336	114	0.6 below 159 mcg
Plasma folacin, mcg/dl	6.9	3.1	41.8 below 5.9 mcg
Red cell glutathione reductase activation coefficient	1.14	0.11	25.7 above 1.2
Red cell transketolase, %stimulation	6.19	2.05	0 above 15%
Phospholipids, mg/dl	7.8	2.6	5.6 above 11 mg
Triglycerides, mg/dl	131.2	86.3	15.9 above 151 mg
Cholesterol, mg/dl	173.9	31.6	0.3 above 250 mg
Total proteins, gm/dl	7.00	0.46	2.6 below 6.5 gm
Albumin, gm/dl	4.27	0.41	5.6 below 3.5 gm
Total globulin, gm/dl	2.73	0.41	26.3 below 2.5 gm
Albumin:globulin ratio	1.60	0.33	2.6 below 1.0
Albumin, %	61.0	0.46	2.6 below 52%
Alpha-1 globulin, %	2.75	0.85	30.4 below 2%
Alpha-2 globulin, %	8.56	1.81	19.9 below 7.0%
Beta globulin, %	11.19	1.61	8.2 below 9.0%
Gamma globulin, %	16.97	3.34	2.0 below 11.0%
Total globulin, %	39.02	4.78	8.8 below 33%
Calcium, mg/dl	10.0	0.3	0 below 9 mg
Phosphorus, mg/dl	4.4	0.6	0 below 2.5 mg
Magnesium, mg/dl	1.92	0.16	0.6 below 1.5 mg
Copper, mcg/dl	132	22	0.6 below 70 mcg
Zinc, mg/dl	94	16	0 below 55 mg

\* Table 10 presents values for establishing low to deficient range

TABLE 12. Incidence of Hypercholesterolemia and Hypertriglyceridemia

Subjects	Where Most Meals Were Eaten				
	Dining Hall	Home	Restaurant	Combination	Total
<u>Infantry</u>					
Number of Subjects	121	11	5	25	162
% With Elevated Triglycerides	19.8	-	20.0	12.0	17.3
% With Elevated Cholesterol	1.6	-	-	-	1.2
<u>Non-Infantry, Garrison</u>					
Number of Subjects	58	2	7	10	77
% With Elevated Triglycerides	27.6	-	28.6	70.0	32.5
% With Elevated Cholesterol	3.4	50.0	-	-	3.9
<u>Non-Infantry, Non-Garrison</u>					
Number of Subjects	77	2	15	15	109
% With Elevated Triglycerides	28.6	50.0	33.3	33.3	30.3
% With Elevated Cholesterol	-	-	-	6.7	0.9
<u>Totals</u>					
% With Elevated Triglycerides	24.2	6.7	29.6	30.0	25.7
% With Elevated Cholesterol	1.6	6.7	0	2.0	1.7

TABLE 13. Urinary Values Utilized for Assessing Nutritional Status

Parameter	<u>per dl Urine</u>		<u>per gm Creatinine</u>		% of Men with Values in Low to Deficient Range (per gm creatinine)
	Mean	SD	Mean	SD	
pH	5.95	0.45	...	...	...
Osmolality, mOs/kg	871.8	217.6	...	...	...
Specific gravity	1.021	0.006	...	...	...
Creatinine, mg	240.9	112.0	...	...	...
Total nitrogen, gm		1.47	0.52	6.56	1.73
Urea nitrogen, gm		1.17	0.37	5.29	1.58
Riboflavin, mcg	96.3	58.2	447.2	273.1	1.2% below 80 mcg
Thiamin, mcg	58.5	33.2	275.9	163.8	1.5% below 66 mcg
Vitamin B <sub>6</sub> mcg	10.6	7.0	45.6	29.6	4.8% below 20 mcg
Sodium, gm	0.32	0.13	1.52	0.82	...
Potassium, gm	0.17	0.10	0.75	0.36	...
Calcium, mg	21.6	11.5	103.4	59.5	...
Phosphorus, mg	170.7	71.4	764.4	213.0	...
Magnesium, mg	12.6	6.8	56.5	27.2	...

TABLE 14. Standard Values for Determination of  
Acceptability of Urinary Values (37, 38)

Parameter	Deficient	Low	Acceptable
pH Units			
Osmolalities, milliosmoles	...	...	
Specific Gravity	...	...	1.008 to 1.025
Vitamin B-1, mcg/6 hrs	<10	10 to 24	>25
Vitamin B-1, mcg/gm Creat.	<27	27 to 65	>66
Vitamin B-2, mcg/6 hrs	<10	10 to 29	>30
Vitamin B-2, mcg/gm Creat.	<27	27 to 79	>80
Vitamin B-6, mcg/6 hrs	<10	10 to 49	>50
Vitamin B-6, mcg/gm Creat.	<20		
N <sup>1</sup> MN*, mg/6 hrs	<0.2	0.2 to 0.59	>0.6
N <sup>1</sup> MN, mg/g Creat.	<0.5	0.50 to 1.59	>1.60
Total Nitrogen gm/day			10 to 16
Urea Nitrogen gm/day			8 to 15
Creatinine gm/day			1.0 to 1.6
Potassium, mEq/day			Depends on intake
Sodium, gm/day			Depends on intake
Calcium, mg/day			Depends on intake
Magnesium, mg/day			Depends on intake
Phosphorus, mg/day			Depends on intake

\*N-1-methyl-nicotinamide

TABLE 15. Distribution by Service and Sex of Personnel  
Utilizing the Dining Hall

Personnel	Percent of Man Days		
	<u>Week Days</u>	<u>Weekend Days</u>	<u>All Days</u>
Army, Male	69.9	72.3	70.3
Army, WAC	5.7	5.8	5.7
Navy, Male	14.8	13.4	14.6
Navy, WAVE	3.1	3.1	3.1
Air Force, Male	5.5	4.5	5.3
Air Force, WAFS	0.2	0.1	0.2
Other	0.7	0.8	0.7
<u>Data Represented</u>			
Number of Days	8	2	10
Total Man Days <sup>1</sup>	18244	3110	21354
Total Man Meals <sup>2</sup>	25961	4336	30297

<sup>1</sup>One man day is one person appearing at the dining hall one or more times during the 24-hour period.

<sup>2</sup>One man meal is one person appearing at the dining hall one or more times during the meal period, i.e., he is not counted a second time if he signs in a second time for second helpings or at a different line for other foods.

TABLE 16. Average Number of Meals Served

Meal	<u>Weekdays</u>			<u>Weekend days</u>			<u>All days</u>		
	Mean	SD	%*	Mean	SD	%	Mean	SD	%
Breakfast, midnight	93	17	4.1	69	28	4.4	88	20	4.1
Breakfast, main	852	77	37.3	310	33	19.9	743	239	34.3
continental	179	16	7.8	60	4	3.9	155	52	7.3
total	1031	77	45.1	370	29	23.8	899	287	41.6
Dinner, main	633	56	27.8	532	15	34.2	613	65	28.7
short order	112	25	4.9	229	24	14.7	136	55	6.4
diet	97	18	4.3	not offered			97	18	3.6
total	843	53	37.0	761	39	48.9	826	59	38.7
Supper, main	733	82	32.2	599	42	38.5	707	93	33.0
short order	200	23	8.8	183	56	11.8	196	28	9.2
diet	112	21	4.9	not offered			112	21	4.2
total	1044	107	45.9	782	98	50.3	992	149	46.3
Supper, late	551	71	24.2	479	85	30.8	536	75	25.1

\*Percentages are meals/100 man days (see Methods/footnote to Table 15 for explanation of man day).

TABLE 17. Percentage of People Eating Various Numbers of Meals per Day and More than Once per Meal Period

% of the Man Days*						
No. of Meals	Weekdays		Weekend days		Total for all days	
	All	Army Males	All	Army Males	All	Army Males
1	66.5	62.8	68.6	65.7	66.9	63.2
2	25.4	26.7	24.2	25.5	25.2	26.5
3	7.3	9.4	6.6	7.9	7.2	9.2
Over 3	0.8	1.1	0.6	0.9	0.7	1.0
Av. number of meals/man/day	1.42		1.39		1.42	
Av. daily % utilization	47.3		46.3		47.3	

People Eating More than Once/Meal Period

Meal	No.	%	No.	%	No.	%
Breakfast	9	0.9	7	1.2	8	0.9
Dinner	22	2.6	14	1.8	21	2.5
Supper	24	2.3	36	4.6	27	2.7
Later supper	32	5.8	22	4.6	30	5.6
Midnight	1	1.1	2	2.9	1	1.1
Total per day	88	2.5	82	3.3	87	2.6

\*Excluding those eating more than once per meal period.

TABLE 18. Percent of Personnel Utilizing Various Meal Combinations\*

Meal (s)	Weekdays	Weekend Days	All Days
Breakfast, main	16.8	10.7	15.9
Supper, main	13.3	15.1	13.6
Dinner, main	12.7	14.8	13.0
Supper, late	9.2	12.7	9.7
Supper, short order	3.7	4.4	3.8
Dinner, short order	2.2	7.2	3.0
Breakfast, continental	3.2	1.5	2.9
Breakfast, midnight	2.1	1.9	2.1
Supper, diet	1.7	...	1.5
Dinner, diet	1.5	...	1.3
Breakfast-supper, main	5.9	1.9	5.3
Dinner-supper, main	2.6	6.0	3.1
Breakfast, main-supper late	2.3	1.1	2.1
Breakfast-dinner, main	2.1	0.7	1.9
Supper, main-supper late	1.4	3.1	1.6
Breakfast-dinner-supper, main	1.4	0.8	1.3

\*Each of the other meal combinations were utilized by less than 1% of the population.

TABLE 19. Percent of Personnel Utilizing the Dining Hall during Various Meal Period Combinations

Meal Period (s)	Weekdays	Weekends	All Days
Supper	18.8	19.6	18.9
Breakfast	20.0	12.2	18.8
Dinner	16.5	22.0	17.3
Late supper	9.2	12.9	9.7
Midnight breakfast	2.1	1.9	2.1
Breakfast-supper	9.1	3.0	8.2
Dinner-supper	5.1	10.2	5.9
Breakfast-dinner	3.4	1.7	3.1
Breakfast-late supper	3.0	1.3	2.7
Dinner-late supper	1.8	3.6	2.1
Supper-late supper	1.9	3.5	2.0
Breakfast-dinner-supper	3.1	1.4	2.8
Dinner-supper-late supper	1.4	3.3	1.6
Breakfast-supper-late supper	1.5	0.7	1.4
Total of the above*	96.9	97.1	96.6

\*All other combinations were used by less than 1% of the population for each combination.

TABLE 20. Grams of Food Served and Left on Plates and Percentage Plate Wastes

Item	Total Served	Plate Waste	% Waste
<b>A. Meat, fish, and poultry</b>			
bacon	232.0	18.0	7.8
beef BBQ	178.2	9.2	5.2
beef roast	125.0	13.0	10.4
beef tips	42.1	5.5	13.1
franks, Spanish	79.3	15.6	19.7
ham	948.0	12.0	1.3
fish, perch	98.0	8.0	8.2
liver, beef	36.7	5.4	14.7
pork, roast	118.0	14.0	11.9
sausage, pork	363.0	16.0	4.4
shrimp	64.0	6.0	9.4
chicken fried steak	56.7	4.4	7.8
grilled steak	155.0	11.0	7.1
pepper steak	130.0	9.0	6.9
Salisbury steak	51.2	12.8	25.0
Swiss steak	47.7	0.8	1.7
turkey	158.0	14.0	8.9
		Mean	6.1
<b>B. Cold cuts</b>			
olive loaf	19.8	1.0	5.1
bologna	154.0	3.0	1.9
pimento loaf	43.0	3.0	7.0
liverwurst	88.0	3.0	3.4
ham loaf	36.4	0.4	1.1
salami	72.0	0	0
		Mean	2.5
<b>C. Meat dishes</b>			
Beef Stroganoff	49.6	5.1	10.3
beef, creamed	27.5	1.3	4.7
meat loaf	174.0	27.0	15.5
meat balls	144.0	25.5	17.7
BBQ loaf	20.7	1.3	6.3
chicken cacciatore	126.1	51.0	40.4
beef pot pie	17.0	0	0
ham-beef pie	53.4	4.0	7.5
franks & beans	116.5	12.0	10.3
beef-noodles	91.1	11.9	13.1
ham-noodles	292.0	27.9	9.6
chili	204.2	15.7	7.7
pork-beans	1086.0	139.9	12.9

Table 20 - continued

Item	Total Served	Plate Waste	% Waste
tuna-macaroni	24.0	3.4	14.2
lasagna	119.9	7.9	6.6
macaroni-cheese	119.5	15.4	12.9
		Mean	13.1
D. Sandwiches			
hamburgers	2541.0	186.0	7.3
hot dogs	335.0	25.9	7.7
cheeseburgers	15.3	2.7	17.6
hero	33.4	3.8	11.4
cheese	556.4	76.5	13.7
pizza	33.3	1.6	4.8
egg salad	65.3	3.0	4.6
tuna salad	207.7	8.4	4.0
		Mean	8.1
E. Milk and dairy products			
cheese	759.7	32.6	4.3
hot chocolate mix	12.5	0	0
ice cream	623.4	20.4	3.3
milk	16899.0	618.0	3.7
buttermilk	157.2	1.5	1.0
ice milk	94.2	4.4	4.7
milk, skim	163.8	2.0	1.2
		Mean	3.6
F. Eggs			
boiled, hard	435.2	10.6	2.4
fried/ scrambled	1983.0	78.0	3.9
		Mean	3.7
G. Potatoes			
baked	120.0	17.0	14.2
fried	4355.0	426.0	9.8
mashed	822.0	119.0	14.5
parsley	71.0	7.0	9.9
scalloped	179.0	38.0	21.2
chips	275.0	9.0	3.3
sweet	45.0	6.0	13.3
		Mean	10.6
H. Vegetables			
asparagus	28.9	8.2	28.4
beans, green	141.9	11.2	7.9
beans, lima	20.6	2.2	10.7
carrots	100.3	11.3	11.3
corn	239.9	20.1	8.4
corn, Mexican	117.4	16.0	13.6
beets	6.0	1.2	20.0

Table 20 - continued

Item	Total Served	Plate Waste	% Waste
beans, pinto	44.1	6.0	13.6
broccoli	39.8	5.4	13.6
Brussel sprouts	25.5	3.5	13.7
cabbage	30.8	2.8	9.1
cauliflower	93.2	9.7	10.4
egg plant	30.3	4.2	13.9
lettuce	387.1	58.3	15.1
peas	100.2	12.9	12.9
peas, blackeyed	51.4	7.6	14.8
peas & carrots	47.3	9.3	19.7
spinach	25.7	4.0	15.6
onions	169.7	15.1	8.9
squash	14.4	2.5	17.4
sauerkraut	40.8	6.5	15.9
mixed	141.2	27.8	19.7
			Mean 13.0
I. Salads			
apple	18.1	5.4	29.8
bean	143.9	34.4	23.9
beet	28.0	4.4	15.7
cole slaw	87.6	19.9	22.7
corn-relish	24.2	5.4	22.3
cheese-lettuce	189.0	43.4	23.0
cottage cheese	586.9	105.9	18.0
cucumber	32.6	9.0	27.6
fruit	141.4	21.9	15.5
jello	1146.1	272.6	23.8
lettuce, tossed	476.6	110.1	23.1
macaroni	127.7	14.2	11.1
onion-olive	16.4	5.8	35.4
potato	419.2	85.0	20.3
radish-pickle	22.8	2.4	10.5
tomato-celery	25.9	11.9	45.9
tomato-onion-pepper		59.5	13.3
			Mean 21.6
J. Soups			
chicken	247.5	43.4	17.5
chicken-noodle	172.8	33.6	19.4
onion	183.1	15.1	8.2
pea	252.7	38.5	15.2
tomato	174.9	28.7	16.4

Table 20 - continued

Item	Total Served	Plate Waste	% Waste
tomato-rice	251.1	31.2	14.4
vegetable	253.7	37.7	14.9
vegetable-rice	264.5	47.3	17.9
		Mean	15.3
K. Breads and bread products			
toast	603.0	77.0	12.8
bread, white	1761.0	175.0	9.9
bread, whole wheat	226.0	30.0	13.3
biscuits	73.1	7.6	10.4
rolls, buns	1767.0	197.0	11.1
bread, rye	271.0	38.0	14.0
bread, corn	35.0	7.0	20.0
croutons	9.7	0	0
crackers	71.5	6.6	9.2
waffles	72.0	1.0	1.4
pancakes	220.0	34.0	15.5
		Mean	11.2
L. Cereals and noodles			
cereal, hot	0.4	0	0
cereal, dry	571.0	34.0	6.0
grits	733.0	74.0	10.1
noodles	80.5	11.8	14.7
rice	169.0	20.0	11.8
		Mean	9.0
M. Cakes and desserts			
apple cobbler	134.5	23.1	17.2
apricot crisp	7.4	2.8	37.8
brownies	126.2	19.3	15.3
cake, misc.	674.0	148.0	22.0
coffee cake	71.1	5.1	7.1
cookies	30.1	1.9	6.3
donuts	945.0	94.0	9.9
jello	330.9	50.4	15.2
sweet rolls	55.8	6.0	10.8
puddings	705.8	139.3	19.7
custards	22.7	4.3	18.9
		Mean	15.9
N. Pies			
apple	79.7	32.6	40.9
blueberry	43.8	5.3	12.1
cherry	27.9	2.5	9.0

Table 20 - continued

Item	Total Served	Plate Waste	% Waste
cream	149.8	20.8	13.9
pineapple	38.0	6.6	17.4
assorted	469.0	93.0	19.8
		Mean	19.9
O. Sugars			
jam-jelly	381.0	18.0	4.7
sugar	134.0	2.0	1.5
syrup	337.0	14.0	4.2
		Mean	4.0
P. Fruits			
applesauce	112.0	7.0	6.2
cranberry sauce	23.0	1.3	5.7
figs (canned)	131.0	7.0	5.3
lemon slices	4.0	0	0
peaches (canned)	64.0	0	0
pears (canned)	59.0	0	0
pineapple (canned)	6.0	0	0
		Mean	3.9
Q. Juices			
apple	463.0	61.0	13.2
grapefruit	620.0	92.0	14.8
orange	64.0	1.0	1.6
pineapple	368.0	56.0	15.2
tomato	618.0	72.0	11.7
		Mean	13.2
R. Dressing and fats			
butter	329.0	24.0	7.3
Italian dressing		41.0	00
French dressing	27.0	0	0
Thousand Isle	132.0	0	0
mayonnaise	233.0	0	0
gravy	435.0	17.0	3.9
		Mean	3.5
S. Soft drinks and sherbets,			
Pepsi	7078.0	507.0	7.2
punch, fruit	5406.0	382.0	7.1
root beer	1541.0	118.0	7.7
Teem	1926.0	134.0	7.0
tea, iced	920.0	44.0	4.3
fudgesicle	39.1	1.7	4.3
popsicle	173.3	3.8	2.2

Table 20 - continued

Item	Total Served	Plate Waste	% Waste	
sherbet	380.8	25.4	Mean	6.7
				7.0
T. Miscellaneous items				
catsup	995.4	151.0		15.2
mustard	168.3	18.0		10.7
relish	127.7	5.8		4.5
pickles	251.9	8.5		3.4
olives	16.8	0		0
Coffee Rite	34.7	0		0
BBQ sauce	10.7	1.7		15.9
tartar sauce	12.4	1.8		14.5
cocktail sauce	26.8	0.7		2.6
peanut butter	100.1	1.4		1.4
tomato sauce, spaghetti	140.4	8.8		6.3
			Mean	10.5

Some Subjective Observations of the Civilian Operated  
Military Feeding System

APPENDIX B

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Some Subjective Observations of the Civilian  
Operated Military Feeding System

Any civilian catered system, even in CONUS during peace time, will require careful monitoring. Several alterations to the Master Menu, approved by the post food service board, were observed during this survey. The substitution of casseroles for meat entrees and the serving of two sizes of desserts (cakes and pies) may have been more economical but were not necessarily in the best interests of the military patron. During 21 consecutive main dinners and suppers, ground meat (hamburger) was served at least 24 times including meat loaf, etc., and frankfurters were served 5 times. This was in addition to hamburgers, cheeseburgers and frankfurters that were served at every short order dinner and supper, and hamburgers and cheeseburgers at every late supper. Casseroles and mixed meat dishes, e.g., turkey a la king, beef pot pie, etc. were served 39 times; fried chicken 13 times (including every late supper) and Swiss steak 4 times. In contrast, sirloin steak was offered twice; shrimp twice; roast beef 4 times; fish 3 times; roast pork twice; ham 5 times; pork chops once; pork ribs once, and beef liver once. The economics of food purchasing becomes readily apparent. Looking at the menu for an individual meal would indicate a large variety of foods being offered. However, examining the entire survey shows that the menus are very constant, e.g., hamburgers, cheeseburgers, frankfurters and French fried potatoes were offered at every short order dinner and supper; hamburgers, cheeseburgers, fried chicken and French fried potatoes at every late supper, and cold cuts, beans, hard boiled eggs, cheese, sherbet and jello at all of the sandwich line meals. After deleting the constant portions of these meals, the variety was very limited with only one or two entrees per meal, if any. Therefore, if variety of the menu increases dining hall attendance, the system as employed at Ft. Myer would have limited appeal.

Another area of economy for the contractor is personnel. Although the contractor had brought in two extra cooks for the survey period (against the recommendations and expressed requests of the team members during the preliminary visit), the cooks were efficiently utilized. By scheduling the work over the period between meals, the number of cooks required can be kept at a minimum, but this requires careful planning so that the food is not prepared too far in advance of the meal and placed on steam tables or in steamers too long, thereby destroying the flavor and appeal of the item. Several members of the survey team thought that the food preparation could have been better scheduled to reduce the holding time for several of the food items. One method of doing this would be for the cooks to eat at the conclusion of the meal and the dining room orderlies eat only about 5 minutes before the meal instead of 30 minutes before. Then food could be scheduled for serving throughout the meal instead of having all of some items completely prepared 30 minutes before the meal hour.

Plate Wastes of Each Food for Each Meal

APPENDIX C

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 16 MAY

HEADCOUNT= 607

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Fish sticks, cooked	40	34	17.2
Chili macaroni	119	111	7.2
Cottage cheeses, creamed	3	2	35.1
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	242	242	0.0
Butter	2	1	40.7
Salad dressing, Italian	7	7	0.0
Salad dressing, mayonnaise type	14	14	0.0
Salad dressing, Thousand Isle	3	3	0.0
Tartar sauce	3	3	0.0
Sugar	4	4	0.0
White bread, enriched	21	19	10.2
Whole wheat bread	1	1	0.0
Saltine crackers	2	2	0.0
Kidney bean salad	5	3	43.3
Green beans	52	44	15.4
Lettuce, raw	24	17	27.4
Tomatoes, raw	1	0	37.5
Tomatoes, boiled	21	18	17.2
Catsup	23	23	0.0
Tomato sauce	6	6	0.0
Potatoes, French-fried	73	65	11.5
Potato salad	8	5	32.7
Beverage, carbonated cola	91	91	0.0
Beverage, ginger ale	24	24	0.0
Beverage, root beer	25	25	0.0
Punch, non-carbonated	141	139	1.0
Mustard	0	0	0.0
Pound cakes	58	53	7.5
Gelatin dessert	14	5	60.6
Cherry pie	28	16	42.1
Chocolate pudding	14	12	14.3
Chicken noodle soup	48	40	17.7

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 16 May

HEADCOUNT = 134

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	69	62	9.7
Frankfurters, cooked	14	14	0.0
American cheese	20	18	10.0
Milk, 3.3% fat	279	273	2.1
Cot cheese and veg salad	6	4	29.4
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	2	2	0.0
Saltine crackers	2	2	0.0
Hamburger buns, enriched	63	58	8.4
Kidney bean salad	3	1	55.8
Lettuce, raw	16	14	11.5
Catsup	8	8	0.0
Lemonade	93	90	3.2
Potatoes, French-fried	124	122	1.6
Potato salad	10	8	19.2
Onions, raw	6	6	0.0
Beverage, carbonated cola	122	120	1.5
Beverage, ginger ale	18	16	10.2
Beverage, root beer	24	22	7.8
Punch, non-carbonated	93	91	2.8
Dill pickles	6	6	0.0
Sweet pickle relish	9	9	0.0
Pound cake	11	8	21.1
Honey spice cake, iced	6	5	17.5
Gelatin dessert	45	45	0.0
Cherry pies	46	37	19.4
Vanilla pudding	23	21	7.3
Chicken noodle soup	46	37	19.4

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 16 MAY

HEADCOUNT = 106

FOOD ITEM	SERVED	CONSUMED	WASTE
	GM/MAN	GM/MAN	%
Beans with pork/tomato sauce	60	51	16.2
Ham (pork)	54	54	0.0
Bologna	11	11	0.0
Pimento and pickle loaf	8	8	0.0
Liverwurst	3	3	0.0
Boiled ham	6	6	0.0
Tuna salad	44	44	0.0
Eggs, hard-cooked	21	21	0.0
Buttermilk	6	5	22.1
Cottage cheese, creamed	16	16	0.0
American cheese	2	2	0.0
Ice cream, 12% fat	82	82	0.0
Milk, 3.3% fat	373	363	2.5
Milk, skim	15	13	12.8
Butter	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
Jams	10	10	0.0
Jellies	9	9	0.0
Sugar	1	1	0.0
Rye bread	13	13	0.0
White bread, enriched	51	51	0.0
Peanut butter	5	5	0.0
Kidney bean salad	4	4	0.0
Coleslaw	19	18	6.3
Tossed salad	3	3	3.3
Catsup	5	5	0.0
Potato chips	8	8	0.0
Potato salad	19	19	0.0
Figs, syrup packed	8	8	0.0
Beverage, carbonated cola	80	77	3.8
Beverage, ginger ale	42	40	4.0
Cocoa mix	1	1	0.0
Punch, non-carbonated	170	165	2.8
Mustard	2	2	0.0
Olives	1	1	0.0
Dill pickles	14	14	0.0
Gelatin dessert	50	42	16.7
Orange sherbet	82	82	0.0
Chicken noodle soups	25	19	26.1

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 16 MAY

HEADCOUNT = 743

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	20	19	4.7
Chili con carne without beans	24	14	40.9
Chili macaroni	48	48	0.0
Cottage cheese, creamed	6	5	21.2
American cheese	3	3	0.0
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	141	141	0.0
Butter	5	5	7.8
Salad dressing, French	1	1	0.0
Salad dressing, Italian	2	2	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugars	1	1	0.0
White bread, enriched	3	3	0.0
Saltine crackers	4	4	0.0
Lasagna	90	81	10.4
Hamburger buns, enriched	5	5	0.0
Green peas	28	20	27.5
Kidney bean salad	6	3	39.6
Green beans	10	9	10.9
Cauliflower	12	11	8.0
Coleslaw	11	8	25.3
Lettuce, raw	13	9	30.0
Tomatoes, raw	4	4	15.7
Catsup	2	2	0.0
Hash-browned potatoes	61	43	30.1
Potato salad	1	1	27.3
Beverage, carbonated cola	57	57	0.0
Beverage, ginger ale	20	20	0.0
Beverage, root beer	33	33	0.0
Punch, non-carbonated	151	113	24.7
Pound cake	37	29	21.6
Gelatin dessert	9	7	22.2
Chicken noodle soup	43	39	9.0

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 16 MAY

HEADCOUNT = 244

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	64	59	7.7
Frankfurters, cooked	16	15	8.7
Cheddar cheese	3	3	23.8
Cottage cheese, creamed	6	4	24.3
American cheese	17	14	16.6
Milk, 3.3% fat	139	139	0.0
White bread, enriched	19	17	11.0
Hamburger buns, enriched	32	27	13.1
Kidney bean salad	4	3	22.7
Coleslaw	6	5	26.7
Lettuce, raw	10	8	24.7
Catsup	2	2	0.0
Potatoes, French-fried	93	89	5.3
Potato salad	2	1	25.0
Onions, raw	4	4	0.0
Beverage, carbonated cola	155	155	0.0
Beverage, ginger ale	223	223	0.0
Beverage, root beer	34	34	0.0
Punch, non-carbonated	74	74	0.0
Mustard	0	0	30.0
Sweet pickle relish	1	1	0.0
Pound cake	16	13	22.7
Honey spice cake	18	14	21.7
Gelatin dessert	9	6	25.0
Cherry pie	1	1	0.0
Chocolate pudding	2	2	0.0
Chicken noodle soup	16	10	39.0

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 16 MAY

HEADCOUNT = 134

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Ham (pork)	32	32	0.0
Bologna	5	4	12.7
Pimento and pickle loaf	5	4	12.7
Liverwurst	5	4	12.7
Boiled ham	5	4	12.7
Meat loaf	4	1	63.0
Eggs, hard-cooked	24	24	0.0
Buttermilk	16	16	0.0
Cottage cheese, creamed	16	14	15.0
American cheese	13	13	0.0
Ice cream, 12% fat	10	10	0.0
Milk, 3.3% fat	139	139	0.0
Milk, skim	18	18	0.0
Butter	1	1	0.0
Salad dressing, mayonnaise	20	20	0.0
Jams	8	8	0.0
Jellies	1	1	0.0
Sugars	1	1	0.0
Rye bread	17	14	15.8
White bread, enriched	37	29	20.3
Whole-wheat bread	6	5	19.4
Saltine crackers	1	1	0.0
Macaroni, cooked	12	10	19.9
Kidney beans, cooked	48	48	0.0
Peanut butter	7	7	0.0
Kidney bean salad	4	2	56.9
Coleslaw	15	13	16.3
Lettuce, raw	6	4	38.6
Catsup	1	1	0.0
Potato chips	19	19	0.0
Potato salad	32	30	7.0
Figs, syrup packed	8	8	0.0
Fruit salad	16	13	15.5
Beverage, carbonated cola	79	79	0.0
Beverages, ginger ale	27	27	0.0
Beverage, root beer	13	13	0.0
Punch, non-carbonated	74	74	0.0
Mustard	1	1	0.0
Gelatin dessert	32	30	7.7
Orange sherbet	41	41	0.0
Tomato soup	16	12	23.4

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 16 MAY

HEADCOUNT = 545

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	78	73	5.9
Chicken, fried	55	39	29.9
Chili con carne with beans	12	11	4.7
Submarine sandwich	24	21	11.6
Cottage cheese, creamed	4	3	33.4
American cheese	13	13	2.8
Ice milk	24	23	2.7
Milk, 3.3% fat	150	137	8.4
Salad dressing, French	6	6	0.0
Salad dressing, Italian	2	2	0.0
Salad dressing, mayonnaise	9	9	0.0
Salad dressing, Thousand Isle	4	4	0.0
White bread, enriched	1	1	54.2
Hamburger buns, enriched	38	34	12.0
Kidney bean salad	2	2	31.8
Coleslaw	10	7	30.9
Lettuce, raw	17	16	4.3
Catsup	24	20	18.3
Potatoes, French-fried	89	82	8.6
Potato salad	4	3	23.0
Onions, raw	11	11	0.0
Beverage, carbonated cola	175	175	0.0
Beverage, ginger ale	23	23	0.0
Beverage, root beer	21	21	0.0
Punch, non-carbonated	59	50	15.6
Mustard	3	3	11.0
Dill pickles	4	4	8.7
Pound cake	8	6	22.2
Honey spice cake	6	5	25.3
Gelatin dessert	2	1	30.0
Popsicle	16	15	3.5

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 16 MAY

HEADCOUNT = 107

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	10	9	14.2
Pork sausage, cooked	14	11	19.6
Eggs, fried	96	94	2.8
Eggs, hard-cooked	14	14	0.0
French toast batter	21	20	4.5
Milk, 3.3% fat	286	260	9.0
Butter	8	8	0.0
Jams and preserves	9	7	18.3
Maple syrup	20	19	4.7
Sugar	4	4	10.4
White bread, enriched	49	44	9.2
Corn grits	43	40	7.3
Corn flakes	19	18	2.0
Cornbread	40	35	12.1
Catsup	3	3	0.0
Hash-browned potatoes	68	63	8.0
Punch, non-carbonated	37	30	20.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST 17 May

HEADCOUNT = 932

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	5	5	8.4
Fried ham	17	15	9.7
Pork sausage, cooked	8	8	3.6
Eggs, fried	74	72	2.4
French toast batter	11	9	14.4
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	293	274	6.4
Butter	4	3	12.4
Jams and preserves	7	7	10.5
Maple syrup	5	5	5.4
Sugars	5	5	5.8
White bread, enriched	43	39	8.2
Corn grits	27	25	9.0
Corn flakes	14	3	75.1
Sweet rolls	29	29	0.0
Catsup	1	1	5.0
Hash-browned potatoes	49	44	10.5

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 17 MAY

HEADCOUNT = 186

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Milk, 3.3% fat	280	280	0.0
Hot chocolate	13	13	0.0
Butter	1	1	0.0
Jellies	3	3	0.0
Maple syrup	3	3	0.0
Sugars	7	7	0.0
Rye bread	3	3	0.0
White bread, enriched	3	3	0.0
Corn flakes	12	10	21.0
Cake doughnuts	103	66	36.4
Waffles	7	7	0.0
Tomato juice	51	36	29.2
Grapefruit juice	47	37	20.6
Apple juice	63	50	20.4
Pineapple juice	39	31	20.8

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 17 MAY

HEADCOUNT = 623

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Pork spareribs, braised	150	110	26.8
Ham and noodle casserole	86	75	13.3
Cottage cheese, creamed	6	5	14.3
Milk, 3.3% fat	308	308	0.0
Butter	8	8	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	3	3	0.0
Sugar	1	1	0.0
Rye bread	3	3	0.0
White bread, enriched	20	14	28.2
Whole-wheat bread	3	3	0.0
Cornbread	25	20	21.2
Saltine crackers	3	2	13.4
Kidney beans, cooked	29	26	12.4
Broccoli, cooked	21	17	16.3
Cauliflower	2	2	0.0
Sweet corn, creamed	59	54	7.7
Lettuce, raw	24	19	20.0
Catsup	9	7	15.0
Potatoes, French-fried	63	57	9.1
Potato salad	9	9	0.0
Radishes, raw	7	5	18.3
Beet salad	2	2	33.3
Beverage, carbonated cola	32	32	0.0
Beverage, ginger ale	5	5	0.0
Beverage, root beer	4	4	0.0
Punch, non-carbonated	178	163	8.4
Mustard	2	2	2.1
Dill pickles	7	6	17.9
White cake/coconut icing	10	9	16.6
Gelatin dessert	41	31	23.7
Pineapple pie	38	31	17.3
Chocolate pudding	39	34	12.6
Split pea soup	40	35	12.2

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 17 MAY

HEADCOUNT = 147

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	66	60	8.3
Frankfurter, cooked	16	16	1.7
Cottage cheese, creamed	7	7	0.0
American cheese	25	25	1.4
Cheese sandwich	43	42	2.4
Milk 3.3% fat	52	52	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	5	5	0.0
Salad dressing, Thousand Isle	2	2	0.0
White bread, enriched	31	30	2.2
Saltine crackers	1	1	35.3
Hamburger buns, enriched	70	69	1.0
Kidney bean salad	2	1	33.3
Lettuce, raw	15	13	14.0
Tossed salad	2	2	16.7
Catsup	27	26	5.0
Potatoes, French-fried	107	99	7.6
Potato salad	9	9	0.0
Onions, raw	6	6	0.0
Beverage, carbonated cola	160	160	0.0
Beverage, ginger ale	23	23	0.0
Beverage, root beer	20	20	0.0
Punch, non-carbonated	49	49	0.0
Mustard	4	4	1.4
Sweet pickle relish	10	10	0.0
Pound cake	4	3	27.3
Honey spice cake/iced	3	2	30.3
Gelatin dessert	28	18	35.8
Pineapple pie	34	20	40.9
Chocolate pudding	35	33	6.8
Vanilla pudding	12	9	23.2
Split pea soup	25	19	26.8

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 17 MAY

HEADCOUNT = 116

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Beans with pork/tomato sauce	66	60	9.7
Ham (pork)	57	53	7.6
Bologna	7	7	0.0
Pimento and pickle load	5	5	0.0
Liverwurst	5	5	0.0
Boiled ham	7	7	0.0
Eggs, hard-cooked	26	26	0.0
Buttermilk	5	5	0.0
Cottage cheese, creamed	25	22	12.2
American cheese	19	19	2.2
Ice cream, 12% fat	25	25	0.0
Milk, 3.3% fat	73	73	0.0
Milk, skim	10	10	0.0
Salad dressing, French	1	1	0.0
Salad dressing, mayonnaise	5	5	0.0
Jams and preserves	11	11	0.0
Sugar	3	3	0.0
Rye bread, enriched	12	10	14.7
White bread, enriched	47	43	9.2
Whole-wheat bread	6	5	14.7
Peanut butter	8	8	0.0
Kidney bean salad	6	5	14.3
Lettuce, raw	20	19	6.3
Catsup	3	3	0.0
Potato chips	23	23	0.0
Potato salad	55	46	15.7
Figs, syrup packed	12	10	14.6
Peaches, canned	17	16	5.2
Pears, canned	13	13	0.0
Beverage, carbonated cola	14	13	9.1
Beverage, ginger ale	2	2	0.0
Beverage, root beer	4	4	0.0
Punch, non-carbonated	69	69	0.0
Mustard	4	4	0.0
Dill pickles	13	13	0.0
Gelatin dessert	17	17	0.0
Split pea soup	17	12	30.9

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 17 MAY

HEADCOUNT = 737

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAI.	WASTE %
Swiss steak	102	94	7.4
Meat balls	50	44	10.2
Cottage cheese, creamed	9	7	22.8
Cream substitute, dry	0	0	9.0
Milk, 3.3% fat	161	161	0.0
Butter	4	3	12.3
Gravy	37	32	13.4
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugar	2	2	1.5
Rye bread	5	5	9.0
White bread, enriched	26	23	9.8
Whole-wheat bread	4	4	13.8
Cornbread	10	8	17.2
Saltine crackers	1	1	19.8
Rice, cooked	30	27	9.6
Kidney beans, cooked	15	13	16.0
Lima beans	19	16	15.0
Green peas	8	7	10.0
Carrots, raw	8	7	9.2
Califlower	5	4	13.3
Sweet corn, creamed	9	9	0.0
Lettuce, raw	17	17	0.0
Catsup	2	2	14.7
Mashed potatoes	56	48	14.4
Potato salad	9	7	30.0
Pickled beets	3	2	33.3
Radishes, raw	4	4	0.0
Beverage, carbonated cola	77	70	9.0
Beverage, ginger ale	20	18	10.9
Beverage, root beer	48	43	9.4
Punch, non-carbonated	57	39	32.1
Pound cake	2	2	19.6
Gelatin dessert	21	15	26.2
Pineapple pie	46	38	18.1
Vanilla pudding	10	8	23.1
Split pea soup	31	27	12.9

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 17 MAY

HEADCOUNT = 178

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	59	50	16.1
Frankfurters, cooked	18	16	8.6
Cottage cheese, creamed	5	3	24.7
American cheese	17	14	19.8
Ice cream, 12% fat	28	24	14.1
Ice milk	38	34	10.4
Milk, 3.3% fat	161	161	0.0
Salad dressing, French	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	3	3	0.0
White bread, enriched	22	19	11.5
Saltine crackers	1	1	16.7
Hamburger buns, enriched	46	41	10.4
Kidney bean salad	1	1	20.0
Lettuce, raw	12	12	0.0
Catsup	27	25	8.3
Potatoes, French-fried	100	86	13.5
Potato salad	9	5	43.1
Onions, raw	15	15	0.0
Beet salad	0	0	33.3
Beverage, carbonated cola	176	163	7.7
Beverage, ginger ale	37	34	8.1
Beverage, root beer	25	23	9.8
Mustard prepared yellow	5	4	10.8
Sweet pickle relish	6	6	0.0
Relish tray	1	1	40.9
Cake/chocolate icing	3	2	33.1
Gelatin dessert	23	16	29.6
Popsickle	1	1	0.0
Pineapple pie	39	32	18.2
Vanilla pudding	25	20	19.0
Split pea soup	15	13	12.5

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 17 MAY

HEADCOUNT = 96

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Ham (pork)	54	54	0.0
Bologna	14	14	0.0
Pimento and pickle load	14	14	0.0
Liverwurst	14	14	0.0
Eggs, hard-cooked	18	18	0.0
Buttermilk	28	28	0.0
Cottage cheese, creamed	16	11	32.5
Ice cream, 12% fat	29	27	7.3
Milk, 3.3% fat	161	161	0.0
Milk, skim	18	18	0.0
Salad dressing, mayonnaise	7	7	0.0
Jams and preserves	4	4	0.0
Jellies	1	1	0.0
Rye bread	7	7	0.0
White bread, enriched	46	40	12.4
Whole-wheat bread	4	4	0.0
Kidney beans, cooked	54	54	0.0
Peanut butter	4	4	0.0
Kidney bean salad	4	4	0.0
Lettuce, raw	9	9	0.0
Catsup	3	3	0.0
Potato chips	2	2	0.0
Potato salad	47	31	33.3
Beverage, carbonated cola	71	66	7.4
Beverage, ginger ale	50	46	8.3
Beverage, root beer	24	21	13.0
Punch, non-carbonated	28	28	0.0
Mustard	2	2	0.0
Dill pickles	13	13	0.0
Gelatin dessert	24	17	28.8
Orange sherbet	13	12	4.1

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 17 MAY

HEADCOUNT = 517

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Roasted beef	10	9	11.2
Hamburger beef, cooked	57	50	12.2
Chicken, fried	50	33	33.1
Ham (pork)	5	4	9.2
Cottage cheese, creamed	3	2	34.4
American cheese	8	7	10.0
Ice cream, 12% fat	22	20	6.4
Ice milk	10	9	7.1
Milk, 3.3% fat	85	83	2.6
Salad dressing, mayonnaise	2	2	0.0
Salad dressing, Thousand Isle	1	1	0.0
White bread, enriched	3	2	23.1
Hamburger buns, enriched	63	57	9.1
Kidney bean salad	2	2	5.8
Lettuce, raw	13	11	18.8
Barbecue sauce	9	8	15.2
Catsup	26	21	19.0
Potatoes, French-fried	83	72	13.2
Potato salad	8	6	25.0
Onions, raw	3	3	0.0
Beet salad	1	1	8.3
Beverage, carbonated cola	172	159	7.6
Beverage, ginger ale	21	20	7.7
Beverage, root beer	29	26	7.8
Punch, non-carbonated	70	62	10.8
Mustard	2	2	10.2
Dill pickles	3	3	0.0
Sweet pickle relish	3	3	0.0
Gelatin dessert	17	13	24.2
Popsicle	7	6	7.3

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 17 MAY

HEADCOUNT = 77

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	13	12	11.9
Pork sausage cooked	15	15	.9
Eggs, fried	96	92	3.9
Eggs, hard-cooked	14	14	0.0
Milk, 3.3% fat	312	294	5.9
Butter	8	7	13.1
Jellies	11	9	16.0
Maple syrup	3	1	41.0
Sugar	5	5	7.5
White bread, enriched	34	29	13.1
Corn grits	69	57	18.3
Pancakes	42	38	8.1
Wheat flakes, enriched	18	15	17.4
Catsup	4	3	11.1
Hash-browned potatoes	60	56	7.4
Punch, non-carbonated	65	52	20.4

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 18 MAY

HEADCOUNT = 836

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	11	10	7.3
Pork sausage, cooked	17	16	2.3
Eggs, fried	98	95	3.1
Cream substitute, dry	2	2	2.6
Milk, 3.3% fat	361	341	5.7
Butter	8	8	2.7
Jams and preserves	8	7	8.2
Maple syrup	13	13	0.0
Sugar	6	6	6.1
White bread, enriched	32	29	9.8
Corn grits enriched cooked	26	23	9.8
Corn flakes	5	4	16.5
Pancakes	23	21	10.7
Catsup	1	1	18.9
Hash-browned potatoes	35	30	12.6
Figs, syrup packed	18	16	10.1
Beverage, carbonated cola	50	50	0.0
Beverage, ginger ale	1	1	0.0
Beverage, root beer	4	4	0.0
Punch, non-carbonated	67	67	0.0

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 18 MAY

HEADCOUNT = 165

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Milk, 3.3% fat	287	287	0.0
Butter	2	2	0.0
Jellies	2	2	0.0
Maple syrup	14	14	0.0
Sugar	7	7	0.0
Bread, enriched	3	3	0.0
Whole-wheat bread	1	1	0.0
Coffeecake	19	19	0.0
Corn flakes	15	15	0.0
Cake doughnuts	44	44	0.0
Waffles	9	9	0.0
Tomato juice	36	36	0.0
Grapefruit juice	40	40	0.0
Apple juice	52	52	0.0
Pineapple juice	48	48	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 18 MAY

HEADCOUNT = 628

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	53	49	7.4
Roast pork	81	73	10.4
Cottage cheese, creamed	7	4	34.7
Milk, 3.3% fat	271	263	2.9
Butter	7	6	6.0
Gravy	28	28	0.0
Salad dressing, French	5	5	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	9	9	0.0
Sugar	3	3	0.0
Biscuits	15	13	17.2
Rye bread	8	7	11.5
White bread, enriched	35	31	11.5
Coffeecake	17	13	26.9
Saltine crackers	2	2	0.0
Blackeyed peas	40	34	15.1
Kidney bean salad	3	3	0.0
Lettuce, raw	16	11	31.8
Tossed salad	8	8	0.0
Sauerkraut	24	21	13.8
Sweet potatoes	45	39	12.8
Catsup	2	2	0.0
Parsleyed potatoes	70	57	17.8
Beet salad	2	2	36.7
Applesauce	54	50	7.7
Beverage, carbonated cola	146	138	5.4
Beverage, ginger ale	20	19	5.9
Beverage, root beer	28	26	4.3
Punch, non-carbonated	151	142	5.8
Pound cake	21	19	9.6
Baked custard	39	34	11.1
Gelatin dessert	6	6	0.0
Tomato soup	40	35	13.1

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 18 MAY

HEADCOUNT = 150

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	69	61	11.4
Frankfurters cooked	18	16	11.0
Cottage cheese, creamed	5	2	62.5
American cheese	5	5	11.9
Cheese sandwich	36	30	18.1
Milk, 3.3% fat	192	192	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	4	4	0.0
Jellies	18	13	26.3
White bread, enriched	1	1	0.0
Coffeecake	19	14	25.8
Saltine crackers	2	2	0.0
Hamburger buns, enriched	71	71	0.0
Kidney bean salad	3	2	26.7
Lettuce, raw	23	17	26.3
Catsup	19	18	4.2
Potatoes, French-fried	99	86	13.6
Onions, raw	7	7	0.0
Beverage, carbonated cola	177	167	5.6
Beverage, ginger ale	30	28	5.6
Beverage, root beer	29	28	5.7
Punch, non-carbonated	15	15	0.0
Tea	48	48	0.0
Mustard	10	10	0.0
Dill pickle	4	4	0.0
Sweet pickle relish	6	6	0.0
Pound cake	33	31	6.5
Vanilla pudding	49	44	8.9
Tomato soup	37	31	17.1

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 18 MAY

HEADCOUNT = 107

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Beans with pork/tomato sauce	69	56	18.0
Bologna	11	11	3.0
Pimento and pickle loaf	10	10	3.3
Liverwurst	6	6	5.4
Boiled ham	52	52	1.2
Salami	7	7	4.5
Eggs, hard-cooked	35	35	0.0
Buttermilk	12	12	0.0
Cottage cheese, creamed	22	20	11.7
American cheese	16	16	0.0
Ice cream, 12% fat	37	35	5.1
Milk, 3.3% fat	192	192	0.0
Milk, skim	9	9	0.0
Salad dressing, mayonnaise	4	4	0.0
Jams and preserves	12	12	0.0
Jellies	1	1	32.1
Sugar	5	5	0.0
Rye bread	6	6	7.3
White bread, enriched	35	32	9.3
Whole-wheat bread	6	6	7.3
Saltine crackers	1	1	0.0
Peanut butter	8	8	0.0
Lettuce, raw	20	14	30.2
Tossed salad	25	21	14.8
Catsup	2	2	29.2
Potato chips	22	22	0.0
Potato salad	39	31	20.2
Figs, syrup packed	10	10	0.0
Peaches, canned	5	5	0.0
Pears, canned	5	5	0.0
Beverage, carbonated cola	112	107	4.6
Beverage, ginger ale	35	31	9.5
Beverage, root beer	29	26	11.3
Punch, non-carbonated	131	122	6.8
Tea	84	84	0.0
Mustard	2	2	20.8
Green olives	6	6	0.0
Dill pickles	13	13	0.0
Gelatin dessert	39	39	0.0
Orange sherbet	83	78	5.9
Tomato soup	43	37	13.2

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 18 MAY

HEADCOUNT = 787

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Chicken fried steak	57	52	7.7
Swiss steak	22	21	4.6
Beef potpie	17	17	0.0
Turkey ala king	52	47	9.2
Cottage cheese, creamed	7	6	20.8
Milk, 3.3% fat	166	166	0.0
Cheese and veg salad	16	16	3.1
Butter	6	5	9.6
Gravy	28	25	9.1
Salad dressing, French	1	1	0.0
Salad dressing, Italian	3	3	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugar	2	2	7.4
Biscuits	12	10	17.2
Rye bread	7	6	11.5
White bread, enriched	31	28	8.3
Whole-wheat bread	4	4	10.0
Coffeecake	35	20	40.8
Lima beans	5	4	11.7
Blackeyed peas	11	10	13.8
Kidney bean salad	1	1	4.8
Summer squash	9	7	23.4
Tomatoes, raw	8	8	2.6
Catsup	2	2	33.5
Parsleyed potatoes	52	47	10.9
Potatoes, French-fried	4	4	0.0
Mashed potatoes	44	39	11.6
Beet salad	2	2	5.7
Mixed vegetables	35	30	14.3
Beverage, carbonated cola	21	19	6.6
Beverage, ginger ale	26	24	7.4
Beverage, root beer	33	30	7.7
Punch, non-carbonated	69	69	0.0
Mustard	0	0	12.5
Pound cake	33	30	10.5
Gelatin dessert	17	14	19.6
Vanilla pudding	16	14	14.4
Tomato soup	40	36	10.8

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 18 MAY

HEADCOUNT = 213

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	64	62	3.7
Frankfurters, cooked	21	20	6.4
Cottage cheese, creamed	6	5	22.2
American cheese	16	13	20.3
Milk, 3.3% fat	168	168	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	3	3	0.0
White bread, enriched	20	19	5.9
Coffeecake	35	21	39.7
Saltine crackers	2	2	0.0
Hamburger buns, enriched	58	53	8.2
Kidney bean salad	1	1	0.0
Lettuce, raw	17	16	5.4
Catsup	30	22	28.4
Lemon juice	3	3	0.0
Potatoes, French-fried	117	105	9.7
Onion, raw	5	5	0.0
Beet salad	2	2	11.9
Beverage, carbonated cola	170	156	8.3
Beverage, ginger ale	29	25	12.9
Beverage, root beer	23	21	10.2
Punch, non-carbonated	40	40	0.0
Mustard	5	5	3.3
Sweet pickle relish	7	7	0.0
Relish tray	5	4	5.0
Pound cake	28	24	11.9
Gelatin dessert	16	13	22.8
Vanilla pud'ing	17	14	21.7
Tomato soups	17	14	21.7

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 18 MAY

HEADCOUNT = 113

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Ham (pork)	50	45	10.5
Assorted cold cuts	31	29	6.3
Eggs, hard-cooked	21	21	0.0
Buttermilk	15	15	0.0
Cottage cheese, creamed	14	11	19.9
American cheese	15	15	0.0
Cream substitute, dry	1	1	0.0
Ice cream, 12% fat	15	14	6.7
Milk, 3.3% fat	168	168	0.0
Milk, skim	8	8	0.0
Butter	1	1	5.6
Salad dressing, mayonnaise	5	5	0.0
Jams and preserves	10	10	0.0
Jellies	1	1	0.0
Sugar	3	3	8.3
Rye bread	9	7	19.6
White bread, enriched	46	42	8.6
Whole-wheat bread	6	5	22.1
Saltine crackers	1	1	0.0
Kidney beans, cooked	64	43	33.4
Tossed salad	9	9	7.6
Catsup	2	2	3.7
Lemon juice	4	4	0.0
Potato chips	11	10	7.9
Potato salad	53	40	25.0
Figs, syrup	9	9	0.0
Beverage, carbonated cola	79	12	84.9
Beverage, ginger ale	9	7	20.0
Beverage, root beer	19	17	9.5
Punch, non-carbonated	40	40	0.0
Mustard	3	3	5.0
Dill pickles	11	11	0.0
Gelatin dessert	43	34	20.6
Orange sherbet	18	18	5.3
Tomato soup	70	56	20.1

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 18 May

HEADCOUNT = 549

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTED %
Bacon, fried	1	1	14.9
Hamburger beef, cooked	113	108	4.9
Chicken, fried	48	32	32.4
Cottage cheese, creamed	7	4	33.9
American cheese	9	8	13.6
Ice cream, 12% fat	13	13	5.1
Ice milk	12	11	4.0
Milk, 3.3% fat	109	104	4.6
Salad dressing, Italian	2	2	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	1	1	0.0
Sugar	1	1	7.9
Rye bread	5	4	11.5
White bread, enriched	1	1	25.5
Coffeecake	7	5	38.1
Hamburger buns, enriched	46	41	12.4
Kidney bean salad	1	1	10.4
Lettuce, raw	17	15	13.3
Tossed salad	3	2	10.0
Catsup	21	17	16.7
Potatoes, French-fried	102	93	9.0
Onions, raw	7	7	0.0
Beet salad	3	3	10.0
Beverage, carbonated cola	138	142	4.3
Beverage, ginger ale	22	21	4.5
Punch, non-carbonated	29	19	34.8
Mustard	2	1	14.7
Dill pickles	4	4	0.0
Sweet pickle relish	3	3	0.0
Gelatin dessert	4	3	23.0
Popsicle	7	7	4.5

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 18 MAY

HEADCOUNT = 87

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	5	4	19.1
Pork sausage, cooked	18	18	1.3
Eggs, fried	94	91	3.2
Eggs, hard-cooked	16	16	0.0
French toast batter	30	29	3.8
Milk, 3.3% fat	239	225	6.1
Butter	8	7	8.6
Jams and preserves	19	18	6.0
Maple syrup	28	24	13.3
Sugar	9	9	3.8
White bread, enriched	47	41	14.1
Corn grits	48	44	8.6
Corn flakes	27	26	3.8
Catsup	3	3	16.7
Hash-browned potatoes	54	50	6.4
Punch, non-carbonated	75	64	14.8

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 19 MAY

HEADCOUNT = 764

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	10	9	9.1
Pork sausage, cooked	13	13	3.6
Eggs, fried	71	67	5.6
French toast batter	14	11	17.6
Cream substitute, dry	1	1	1.3
Milk, 3.3% fat	211	185	12.3
Butter	8	8	2.0
Jams and preserves	8	7	8.3
Maple syrup	11	11	0.0
Sugar	6	6	3.2
White bread, enriched	45	42	8.3
Coffeecake	21	17	19.5
Corn grits	28	26	8.6
Wheat flakes, enriched	11	11	5.7
Catsup	4	4	1.5
Orange juice	76	63	17.5
Hash-browned potatoes	35	31	12.9
Beverage, carbonated cola	80	80	0.0
Beverage, ginger ale	22	22	0.0
Beverage, root beer	3	3	0.0
Punch, non-carbonated	40	36	11.8

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 19 MAY

HEADCOUNT = 177

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	140	140	0.0
Butter	2	2	0.0
Jellies	3	3	0.0
Maple syrup	8	8	0.0
Sugar	7	7	0.0
White bread, enriched	2	2	0.0
Coffeecake	7	7	0.0
Corn flakes	20	20	0.0
Cake doughnuts	45	42	5.0
Raised doughnuts	45	43	4.9
Waffles	9	9	0.0
Tomato juice	48	48	0.0
Grapefruit juice	40	40	0.0
Apple juice	48	48	0.0
Pineapple juice	24	24	0.0
Punch, non-carbonated	30	30	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 19 MAY

HEADCOUNT = 693

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Sirloin steak	118	114	3.2
Swiss steak	18	18	4.6
Shrimp, French-fried	29	26	10.8
Cottage cheese, creamed	8	7	18.3
Macaroni and cheese	79	68	14.6
Milk, 3.3% fat	223	213	4.3
Butter	8	7	6.9
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	2	2	0.0
Salad dressing, Thousand Isle	3	3	0.0
Sugar	2	2	8.8
Biscuits	5	4	28.3
White bread, enriched	34	30	12.6
Coffeecake	18	18	0.0
Peas and carrots	35	28	19.7
Kidney bean salad	6	3	48.2
Green beans	19	18	8.1
Lettuce, raw	25	23	8.6
Cucumber salad	7	5	24.5
Summer squash	6	5	8.3
Tomatoes, raw	7	7	0.0
Catsup	5	5	2.6
Tomato sauce	6	6	0.0
Baked potatoes	27	27	0.0
Mashed potatoes	24	13	47.3
Beet sald	1	1	0.0
Beverage, carbonated cola	48	48	0.0
Beverage, ginger ale	33	33	0.0
Beverage, root beer	31	31	0.0
Punch, non-carbonated	92	86	6.3
Tea	147	147	0.0
Brownies with nuts	18	15	13.7
Gelatin dessert	18	13	24.4
Lemon meringue pie	30	27	7.6
Vanilla pudding	24	20	18.2
Onion soup	20	17	14.4

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 19 MAY

HEADCOUNT = 93

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	80	72	9.9
Frankfurters, cooked	9	9	0.0
Cottage cheese, creamed	6	5	9.3
American cheese	13	13	0.0
Cheese sandwich	47	43	9.1
Milk, 3.3% fat	223	223	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	6	6	0.0
Salad dressing, Thousand Isle	2	2	0.0
Hamburger buns, enriched	88	88	0.0
Kidney bean salad	2	2	0.0
Lettuce, raw	16	13	17.0
Cucumber salad	3	1	78.1
Tossed salad	5	2	62.5
Catsup	19	18	2.5
Lemon juice	2	2	0.0
Potato chips	18	18	0.0
Onions	8	6	21.1
Beverage, carbonated cola	180	175	3.0
Beverage, ginger ale	20	17	12.7
Beverage, root beer	24	23	1.6
Punch, non-carbonated	68	68	0.0
Mustard	4	3	27.1
Dill pickles	10	10	0.0
Sweet pickle relish	5	4	31.2
Brownies with nuts	7	7	0.0
Gelatin dessert	20	18	10.6
Lemon meringue pie	23	18	23.1
Chocolate pudding	40	29	26.9
Onion soup	33	31	6.5

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 19 MAY

HEADCOUNT = 89

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	10	10	0.0
Pimento and pickle loaf	6	6	0.0
Liverwurst	7	7	0.0
Boiled ham	68	68	0.0
Salami	8	8	0.0
Tuna salad	30	30	0.0
Eggs, hard-cooked	31	31	0.0
Buttermilk	6	6	0.0
Cottage cheese, creamed	21	16	24.5
American cheese	15	15	0.0
Ice cream, 12% fat	16	15	7.0
Milk, 3.3% fat	223	223	0.0
Milk, skim	9	9	0.0
Salad dressing, mayonnaise	7	7	0.0
Jams and preserves	10	10	0.0
Jellies	1	1	0.0
Sugar	1	1	0.0
White bread, enriched	46	37	19.6
Whole-wheat bread	8	6	27.3
Saltine crackers	1	1	0.0
Peanut butter	7	7	0.0
Kidney bean salad	69	69	0.0
Lettuce, raw	11	8	25.8
Tossed salad	14	14	0.0
Catsup	2	2	0.0
Potato chips	20	20	0.0
Figs, syrup packed	4	4	0.0
Peaches, canned	4	4	0.0
Pears, canned	4	4	0.0
Pineapple, canned	6	6	0.0
Fruit salad	29	29	0.0
Beverage, carbonated cola	19	13	29.9
Beverage, ginger ale	8	5	29.4
Beverage, root beer	3	3	16.7
Punch, non-carbonated	101	101	0.0
Mustard	3	2	29.2
Olives	4	4	0.0
Dill pickle	7	7	0.0
Gelatin dessert	41	34	17.9
Orange sherbet	20	20	0.0
Onion soup	21	20	4.6

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 19 MAY

HEADCOUNT = 566

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Swiss steak	7	7	0.0
Chili macaroni	86	78	9.1
Fish sticks	62	59	5.5
Cottage cheese, creamed	5	4	20.1
Ice cream, 12% fat	1	1	0.0
Ice milk	2	2	0.0
Macaroni and cheese	41	36	12.0
Milk, 3.3% fat	228	228	0.0
Butter	5	5	5.3
Salad dressing, French	1	1	0.0
Salad dressing, Italian	3	3	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	3	3	0.0
Tartar sauce	9	8	10.7
Sugar	2	2	9.9
Rye bread	2	2	7.7
White bread, enriched	26	25	6.0
Whole-wheat bread	6	5	7.8
Coffeecake	3	2	18.5
Peas and carrots	13	10	19.6
Kidney bean salad	2	2	7.9
Green beans	13	12	7.4
Carrots, cooked	15	14	6.9
Lettuce, raw	16	11	29.0
Spinach, cooked	26	22	15.7
Catsup	4	3	20.1
Scalloped potatoes w/o cheese	88	66	25.0
Beet salad	1	1	8.9
Beverage, carbonated cola	85	79	6.6
Beverage, ginger ale	21	19	11.8
Beverage, root beer	26	23	10.7
Punch, non-carbonated	76	67	12.6
Mustard	1	1	5.3
Gelatin dessert	21	17	20.8
Chocolate meringue pie	16	14	11.2
Vanilla pudding	33	25	23.8
Onion soup	68	65	4.4

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 19 MAY

HEADCOUNT = 176

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	59	54	9.6
Frankfurters, cooked	18	15	12.9
Cottage cheese, creamed	3	2	22.2
American cheese	14	9	33.1
Ice cream, 12% fat	3	3	0.0
Ice milk	4	4	0.0
Milk, 3.3% fat	228	228	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
White bread, enriched	17	16	3.4
Saltine crackers	0	0	66.7
Hamburger buns, enriched	70	66	5.0
Kidney bean salad	4	4	6.6
Lettuce, raw	13	11	17.6
Cucumber salad	4	2	55.6
Tossed salad	2	1	50.0
Catsup	27	20	25.1
Lemon juice	1	1	0.0
Potatoes, French-fried	99	87	12.0
Beets	1	1	10.4
Onions, raw	4	4	0.0
Beverage, carbonated cola	161	147	8.8
Beverage, ginger ale	21	18	13.5
Beverage, root beer	18	15	15.9
Punch, non-carbonated	46	46	0.0
Mustard	4	4	6.9
Dill pickle	5	5	0.0
Gelatin dessert	30	18	39.9
Popsicle	1	1	0.0
Chocolate meringue pie	19	17	10.6
Chocolate pudding	27	21	22.9
Onion soup	8	8	6.9

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 19 MAY

HEADCOUNT = 75

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Beans with pork/tomato sauce	81	74	8.2
Bologna	6	5	17.7
Pimento and pickle load	6	5	17.7
Liverwurst	6	5	17.7
Boiled ham	45	39	13.3
Tuna salad	30	30	0.0
Eggs, hard-cooked	25	25	0.0
Cottage cheese, creamed	17	13	24.0
American cheese	10	10	1.4
Ice cream, 12% fat	15	15	0.0
Milk, 3.3% fat	228	228	0.0
Salad dressing, mayonnaise	8	8	0.0
Jams and preserves	5	5	0.0
Jellies	1	1	0.0
Rye bread	4	4	7.7
White bread, enriched	39	36	6.8
Peanut butter	4	4	0.0
Lettuce, raw	11	9	23.5
Tossed salad	15	6	58.6
Catsup	1	1	0.0
Lemon juice	1	1	55.6
Potato chips	14	14	0.0
Figs, syrup packed	9	9	0.0
Fruit salad	15	13	17.2
Beverage, carbonated cola	71	64	9.4
Beverage, root beer	67	60	10.0
Punch, non-carbonated	46	46	0.0
Mustard	2	2	7.1
Dill pickle	11	10	3.7
Gelatin dessert	29	17	40.3
Orange sherbet	16	16	0.0

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 19 MAY

HEADCOUNT = 403

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Sirloin steak	36	29	18.7
Hamburger beef, cooked	48	41	15.4
Chicken, fried	45	30	32.7
Cottage cheese, creamed	4	3	22.2
American cheese	15	15	0.0
Ice milk	8	7	6.6
Milk, 3.3% fat	118	115	2.6
Salad dressing, mayonnaise	5	5	0.0
Salad dressing, Thousand Isle	1	1	0.0
Hamburger buns, enriched	54	54	0.0
Kidney bean salad	3	1	65.9
Lettuce, raw	21	18	14.8
Cucumber salad	3	2	26.9
Tossed salad	1	1	0.0
Catsup	27	26	1.2
Lemon juice	0	0	57.9
Potatoes, French-fried	98	91	6.8
Beets	1	1	0.0
Onions, raw	7	7	0.0
Beverage, carbonated cola	155	143	8.1
Beverage, ginger ale	25	22	9.1
Beverage, root beer	22	20	9.2
Punch, non-carbonated	18	10	45.1
Mustard	3	2	6.9
Dill pickles	6	8	0.0
Sweet relish pickle	4	4	5.5
Gelatin dessert	12	8	29.9
Popsicle	11	11	6.3
Lemon meringue pie	12	10	16.5

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 19 MAY

HEADCOUNT = 68

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	22	21	6.0
Pork sausage, cooked	20	20	.7
Eggs, fried	147	137	6.8
Eggs, hard-cooked	22	22	0.0
Milk, 3.3% fat	418	402	3.8
Butter	27	26	5.4
Jams and preserves	11	9	18.1
Sugar	7	7	6.3
White bread, enriched	53	49	6.7
Corn grits	61	56	7.9
Corn flakes	16	15	8.1
Catsup	3	3	15.0
Hash-browned potatoes	93	86	7.9
Punch, non-carbonated	106	93	11.9

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 20 MAY

HEADCOUNT = 286

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	12	9	24.6
Pork sausage, cooked	14	11	21.6
Eggs, fried	104	99	5.3
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	293	262	10.7
Butter	7	7	2.1
Jams and preserves	10	10	0.0
Maple syrup	13	13	0.0
Sugars	7	7	0.0
White bread, enriched	41	35	13.2
Corn grits	34	32	5.2
Corn flakes	13	13	0.0
Pancakes	32	23	29.6
Catsup	15	15	0.0
Hash-browned potatoes	58	49	15.6
Bananas	102	82	20.1
Beverage, carbonated cola	24	21	14.3
Beverage, ginger ale	5	4	26.7
Beverage, root beer	6	4	26.7
Punch, non-carbonated	58	53	8.4

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 20 MAY

HEADCOUNT = 63

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Milk, 3.3% fat	523	523	0.0
Jellies	1	1	0.0
Sugar	1	1	0.0
Corn flakes	35	34	2.3
Cake doughnuts	73	67	7.7
Cake doughnut, iced	19	17	8.5
Yeast doughnut	41	36	11.6
Yeast doughnut, jelly filled	24	22	9.9
Tomato juice	67	63	7.1
Grapefruit juice	22	17	21.7
Apple juice	102	96	6.2
Bananas	34	31	8.9
Pineapple juice	32	29	9.9
Punch, non-carbonated	116	116	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 20 MAY

HEADCOUNT = 521

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Chili macaroni	25	21	14.2
Chicken, fried	137	87	35.9
Beans with frankfurters	49	44	11.0
Cottage cheese, creamed	6	4	35.9
Milk, 3.3% fat	384	384	0.0
Butter	7	6	8.8
Margarine	3	3	8.8
Gravy	23	23	0.0
Salad dressing, Italian	1	1	0.0
Biscuits	23	18	19.1
Rye bread	3	2	5.5
White bread, enriched	17	16	2.3
Whole-wheat bread	3	2	5.5
Saltines crackers	4	3	10.2
Green peas	41	36	12.6
Kidney bean salad	4	2	42.0
Carrots, cooked	17	15	8.6
Lettuce, raw	5	1	87.0
Catsup	1	1	0.0
Mashed potatoes	89	78	12.0
Beets	6	5	20.3
Fruit salad	18	13	29.8
Beverage, carbonated cola	99	90	8.8
Beverage, ginger ale	23	21	6.3
Beverage, root beer	21	19	6.9
Punch, non-carbonated	74	71	4.3
Brownies with nuts	80	69	13.8
Gelatin dessert	7	5	32.0
Vegetable soup	42	34	16.5

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 20 MAY

HEADCOUNT = 212

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	76	70	8.6
Frankfurters cooked	25	23	6.9
Cottage cheese, creamed	8	5	33.9
American cheese	16	14	8.9
Cheese sandwich	41	36	13.9
Milk, 3.3% fat	273	273	0.0
Salad dressing, mayonnaise	2	2	0.0
Salad dressing, Thousand Isle	3	3	0.0
White bread, enriched	23	20	14.3
Saltine crackers	1	1	0.0
Hamburger buns, enriched	51	33	34.4
Lettuce, raw	12	1	90.5
Catsup	28	25	10.9
Potatoes, French-fried	114	96	16.1
Onions, raw	5	5	0.0
Beverage, carbonated cola	152	136	10.8
Beverage, ginger ale	28	26	6.0
Beverage, root beer	22	21	6.5
Punch, non-carbonated	53	53	0.0
Mustard	5	4	25.4
Sweet pickle relish	7	7	0.0
Brownies with nuts	36	32	13.0
Gelatin dessert	20	14	30.1
Vegetable soup	39	31	20.8

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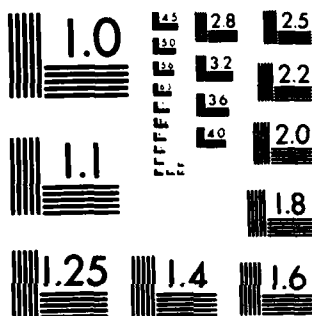
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# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 20 MAY

HEADCOUNT = 569

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Meat loaf	89	73	17.8
Beef and vegetable stew	42	37	13.1
Chicken, fried	8	5	38.0
Bean with frankfurters	30	26	12.2
Cottage cheese, creamed	8	5	38.0
Milk, 3.3% fat	234	223	4.7
Butter	5	5	6.0
Gravy	37	30	18.9
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	3	3	0.0
Sugar	1	1	4.4
Rye bread	6	5	8.5
White bread, enriched	20	18	9.7
Whole-wheat bread	3	3	6.4
Coffeecake	4	3	12.1
Saltine crackers	2	2	9.1
Kidney bean salad	3	1	69.8
Green beans	26	25	5.7
Corn sweet whole	45	40	11.7
Lettuce, raw	16	13	19.1
Catsup	3	3	7.6
Potatoes, oven-browned	93	76	18.3
Fruit salad	6	3	46.2
Beverage, carbonated cola	96	83	12.9
Beverage, ginger ale	18	16	12.3
Beverage, root beer	15	14	11.5
Punch, non-carbonated	42	34	19.6
Mustard	0	0	6.3
Brownies with nuts	24	19	19.0
Gelatin dessert	11	8	24.7
Lemon meringue pies	17	14	16.7
Vegetable soup	33	28	17.0

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 20 MAY

HEADCOUNT = 143

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	108	93	14.2
Frankfurters cooked	16	15	7.5
Cottage cheese, creamed	9	5	44.4
American cheese	27	26	5.1
Milk, 3.3% fat	234	234	0.0
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	1	1	0.0
White bread, enriched	74	60	19.1
Hamburger buns, enriched	7	7	6.9
Lettuce, raw	15	14	9.3
Catsup	33	30	7.6
Potatoes, French-fried	57	53	5.4
Onions, raw	3	3	0.0
Fruit salad	4	2	44.4
Beverage, carbonated cola	44	40	9.5
Beverage, ginger ale	6	5	2.5
Beverage, root beer	6	4	24.1
Punch, non-carbonated	77	77	0.0
Mustard	3	3	4.3
Sweet pickle relish	7	7	0.0
Brownies with nuts	25	20	18.0
Gelatin dessert	2	2	14.8
Chocolate meringue	16	14	13.7
Vegetable soup	17	12	32.1

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 20 MAY

HEADCOUNT = 419

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	87	82	5.8
Chicken, fried	41	29	29.7
Submarine sandwich	33	30	11.3
Cottage cheese, creamed	7	4	38.2
American cheese	8	8	5.6
Ice milk	11	11	0.0
Ice milk, chocolate	6	6	0.0
Milk, 3.3% fat	129	125	2.5
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Sugar	1	1	0.0
White bread, enriched	2	1	29.9
Saltine crackers	0	0	10.0
Hamburger buns, enriched	63	59	6.8
Kidney bean salad	3	2	41.3
Lettuce, raw	20	18	11.9
Catsup	33	31	6.5
Potatoes, French-fried	91	84	7.4
Onions, raw	6	6	0.0
Fruit salad	4	2	41.9
Beverage, carbonated cola	147	135	8.3
Beverage, ginger ale	25	22	8.7
Beverage, root beer	24	21	9.1
Punch, non-carbonated	84	77	8.1
Mustard	3	3	13.8
Dill pickles	4	4	0.0
Sweet pickle relish	4	4	0.0
Brownies with nuts	16	13	17.1
Popsicle	6	6	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 20 May

HEADCOUNT = 49

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	15	14	4.1
Pork sausage, cooked	27	27	0.0
Eggs, fried	111	110	.9
Eggs, hard-cooked	5	5	0.0
French toast batter	30	28	7.5
Cream substitutes, dry	1	1	0.0
Milk, 3.3% fat	372	363	2.5
Butter	8	7	15.0
Jams and preserves	12	12	5.0
Maple syrup	21	20	4.9
Sugar	8	7	10.0
White bread, enriched	53	50	5.4
Corn grits	36	34	5.1
Corn flakes	27	24	10.4
Catsup	3	3	7.1
Hash-browned potatoes	82	78	5.7
Punch, non-carbonated	221	216	2.4

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 21 MAY

HEADCOUNT = 333

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	9	8	8.1
Pork sausage, cooked	16	15	3.8
Eggs, fried	83	79	5.8
French toast batter	17	14	17.1
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	288	263	8.4
Butter	6	6	1.9
Margarine	2	2	1.3
Jams and preserves	10	10	0.0
Maple syrup	13	13	0.0
Sugar	8	8	0.0
White bread, enriched	52	48	7.1
Corn grits	37	34	9.0
Corn flakes	24	23	5.0
Catsup	1	1	0.0
Oranges, fresh	12	8	31.8
Hash-browned potatoes	40	36	9.7
Bananas	65	53	18.9
Beverage, carbonated cola	18	18	0.0
Beverage, ginger ale	3	3	0.0
Beverage, root beer	1	1	0.0
Punch, non-carbonated	109	102	6.5

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 21 May

HEADCOUNT = 57

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Milk, 3.3% fat	330	330	0.0
Sugar	21	21	0.0
Corn flakes	24	24	0.0
Cake doughnut iced	47	43	7.0
Raised doughnuts	58	58	0.0
Raised doughnut, jelly filled	12	12	0.0
Tomato juice	90	84	6.0
Grapefruit juice	90	84	6.0
Apple juice	51	46	10.6
Pineapple juice	48	43	11.3

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER 21 MAY

HEADCOUNT = 542

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	18	18	0.0
Loaf cooked	7	6	13.4
Beef patties	51	38	24.9
Chicken, fried	5	2	67.3
Ham (pork)	45	40	11.5
Cottage cheese, creamed	9	6	29.1
Milk, 3.3% fat	277	277	0.0
Butter	5	4	4.6
Margarine	4	4	4.9
Gravy	23	23	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugar	2	2	2.5
Biscuits	29	29	0.0
Rye bread	4	2	42.8
White bread, enriched	17	12	26.6
Whole-wheat bread	4	2	36.4
Saltine crackers	3	3	12.4
Asparagus	14	9	31.3
Lettuce, raw	7	3	50.0
Catsup	2	2	6.7
Hash-browned potatoes	70	54	22.2
Mixed vegetables	43	31	27.1
Fruit salad	10	8	22.3
Beverage, carbonated cola	92	82	10.9
Beverage, ginger ale	19	17	9.9
Beverage, root beer	18	17	10.0
Punch, non-carboonated	84	73	12.6
Tea	60	60	0.0
Mustard	2	2	6.3
Sweet pickles	1	1	0.0
Brownies with nuts	2	2	19.0
Gelatin dessert	17	11	31.1
Lemon meringue pies	44	37	17.2
Vegetable beef soup	34	27	21.9

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 21 MAY

HEADCOUNT = 246

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	61	56	8.0
Frankfurters, cooked	18	16	14.5
Cottage cheese, creamed	5	3	31.7
American cheese	12	11	5.6
Cheese sandwich	48	41	14.4
Milk, 3.3% fat	181	181	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	3	3	0.0
Sugar	1	1	4.5
Saltine crackers	1	1	14.7
Hamburger buns, enriched	52	40	23.4
Lettuce, raw	17	10	42.4
Catsup	31	29	6.9
Potatoes, French-fried	94	81	14.6
Potato chips	4	4	0.0
Green onions	6	6	0.0
Fruit salad	4	3	30.6
Beverage, carbonated cola	166	149	9.8
Beverage, ginger ale	18	16	11.9
Beverage, root beer	22	19	12.8
Punch, non-carbonated	50	50	0.0
Mustard	5	4	6.3
Dill pickles	7	7	0.0
Sweet pickle relish	11	11	0.0
Gelatin dessert	22	16	25.2
Lemon meringue pie	44	36	18.6
Vegetable beef soup	20	16	20.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 21 MAY

HEADCOUNT = 629

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	12	11	3.4
Chili con carne with beans	24	23	4.3
Meat sauce	140	132	6.3
Cottage cheese, creamed	14	9	33.3
American cheese	3	3	5.4
Ice milk	8	7	2.7
Ice cream, 12% fat	10	10	2.7
Milk, 3.3% fat	144	144	0.0
Butter	10	10	3.8
Salad dressing, French	2	2	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	3	3	0.0
Sugar	2	2	5.1
Rye bread	5	4	14.4
White bread, enriched	26	23	13.0
Whole-wheat bread	5	4	13.8
Saltine crackers	2	2	22.5
Hamburger buns, enriched	4	4	11.8
Spaghetti, cooked	129	121	6.2
Asparagus	13	9	32.1
Carrots, cooked	6	5	16.3
Cauliflower	29	26	12.0
Lettuce, raw	17	12	29.4
Catsup	1	1	4.1
Mixed vegetables	15	12	18.4
Fruit salad	4	2	54.5
Beverage, carbonated cola	88	77	12.7
Beverage, ginger ale	24	21	12.5
Beverage, root beer	15	13	13.5
Punch, non-carbonated	48	48	0.0
Sweet pickles	2	1	45.3
Gelatin dessert	9	7	25.8
Popsicle	10	10	2.6
Lemon meringue pie	10	9	12.5
Vegetable beef soup	33	28	14.0

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 21 MAY

HEADCOUNT = 222

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	59	54	8.0
Frankfurters, cooked	23	22	2.9
Cottage cheese, creamed	8	5	40.9
American cheese	15	14	9.1
Cheese sandwich	31	26	16.1
Milk, 3.3% fat	144	144	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	2	2	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugar	1	1	5.4
Saltine crackers	1	1	0.0
Hamburger buns, enriched	64	59	8.2
Lettuce, raw	11	8	30.2
Catsup	23	22	4.0
Potatoes, French-fried	110	100	9.3
Onions, raw	4	4	0.0
Gelatin salad	9	7	24.7
Fruit salad	5	2	61.3
Beverage, carbonated cola	130	112	13.9
Beverage, ginger ale	30	26	12.1
Beverage, root beer	20	17	15.6
Punch, non-carbonated	48	48	0.0
Mustard	1	1	15.2
Dill pickles	3	3	0.0
Sweet pickles	2	1	47.8
Sweet pickle relish	5	5	0.0
Vegetable soup	20	16	16.4

# FOOD CONSUMPTION AND PLATE WASTE

MAIN LATE SUPPER, 21 MAY

HEADCOUNT = 539

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef cooked	74	73	1.7
Chicken, fried	41	28	31.3
Chile con carne with beans	12	12	3.2
Ham, canned	8	7	6.1
Cottage cheese, creamed	5	3	38.0
American cheese	7	6	5.5
Ice milk	12	11	6.4
Milk, 3.3% fat	133	127	4.6
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugar	1	1	0.0
White bread, enriched	7	6	10.8
Hamburger buns, enriched	56	55	2.1
Lettuce, raw	26	24	6.5
Catsup	22	22	0.0
Potatoes, French-fried	117	102	12.6
Onions, raw	7	7	0.0
Beverage, carbonated cola	133	120	9.7
Beverage, ginger ale	21	19	10.5
Beverage, root beer	22	20	10.5
Punch, non-carbonated	124	119	4.1
Mustard	3	2	17.0
Dill pickles	4	4	0.0
Sweet pickles	1	1	32.0
Popsicle	29	27	8.5

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 21 MAY

HEADCOUNT = 88

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	11	11	4.1
Pork sausage cooked	17	16	6.6
Eggs, fried	83	78	5.5
Eggs, hard-cooked	11	10	5.3
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	213	189	10.9
Butter	9	9	8.5
Jellies	11	10	9.4
Maple syrup	23	18	21.6
Sugar	7	6	24.6
White breads, enriched	30	26	12.7
Corn grits	52	47	9.0
Corn flakes	40	37	7.3
Pancakes	39	33	14.7
Hash-browned potatoes	73	65	10.4
Punch, non-carbonated	110	99	10.1

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 22 MAY

HEADCOUNT = 808

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	15	14	7.1
Pork sausage, cooked	15	14	5.3
Eggs, fried	99	95	4.0
Cream substitute, dry	1	1	.6
Milk, 3.3% fat	334	311	6.9
Butter	3	3	10.1
Margarine	3	3	0.0
Jellies	7	7	2.0
Maple syrup	10	10	0.0
Sugar	4	4	.2
White bread, enriched	32	28	12.3
Corn grits	27	24	12.0
Corn flakes	10	10	4.7
Pancakes	19	17	10.8
Catsup	1	1	0.0
Oranges	35	33	5.0
Hash-browned potatoes	36	33	10.7
Beverage, carbonated cola	16	15	3.0
Beverage, ginger ale	6	6	0.0
Beverage, root beer	4	4	0.0
Punch, non-carbonated	58	53	9.1

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 22 MAY

HEACOUNT = 166

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	260	260	0.0
Butter	7	7	0.0
Jellies	3	3	0.0
Maple syrup	6	6	0.0
Sugar	6	6	0.0
White bread, enriched	4	4	0.0
Corn flakes	16	16	0.0
Cake doughnut, iced	23	23	0.0
Raised doughnuts	53	45	14.3
Raised doughnut, jelly filled	22	22	0.0
Waffles	7	7	0.0
Tomato juice	4	4	0.0
Grapefruit juice	8	8	0.0
Apple juice	10	10	0.0
Pineapple juice	12	12	0.0
Punch, non-carbonated	44	44	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 22 MAY

HEADCOUNT = 623

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Roast beef	53	48	9.3
Frankfurters with cheese	38	35	7.9
Cottage cheese, creamed	8	6	25.2
Cream substitute, dry	0	0	7.7
Milk, 3.3% fat	255	244	4.1
Butter	7	7	7.3
Margarine	3	3	0.0
Gravy	35	35	0.0
Salad dressing, French	0	0	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	4	4	0.0
Sugar	2	2	5.4
Rye bread	2	2	0.0
White bread, enriched	23	23	0.0
Whole-wheat bread	6	6	0.0
Saltine crackers	4	3	21.0
Rice, steamed	29	26	7.4
Green beans	45	41	8.5
Cabbage, cooked	21	19	9.2
Cauliflower	5	5	0.0
Lettuce, raw	1	1	0.0
Catsup	5	5	4.5
Mashed potatoes	84	77	8.6
Beverage, carbonated cola	102	102	0.0
Beverage, ginger ale	15	15	0.0
Beverage, root beer	14	14	0.0
Punch, non-carbonated	20	14	30.2
Tea	169	169	0.0
Mustard	1	1	4.0
Dill pickles	2	1	47.1
Sweet pickles	0	0	33.3
White cake with coconut icing	13	10	21.3
Gelatin dessert	15	8	44.8
Apple pie	64	37	42.4
Chocolate pudding	28	19	33.8
Chicken noodle soup	57	46	18.6

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 22 MAY

HEADCOUNT = 115

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	97	92	5.4
Frankfurters, coooked	21	20	6.1
Cottage cheese, creamed	3	2	27.8
American cheese	10	9	6.4
Cheese sandwich	52	45	14.0
Milk, 3.3% fat	182	182	0.0
Salad dressing, Italian	1	1	2.0
Salad dressing, mayonnaise	2	2	0.0
Salad dressing, Thousand Isle	3	3	0.0
Saltine crackers	3	2	19.4
Hamburger buns, enriched	59	43	26.3
Lettuce, raw	22	17	21.6
Catsup	26	25	5.0
Potatoes, French-fried	121	105	13.4
Cucumbers, raw	3	2	30.3
Onions, raw	6	6	0.0
Beverage, carbonated cola	153	135	11.4
Beverage, ginger ale	30	25	14.7
Beverage, root beer	26	21	16.9
Punch, non-carbonated	21	21	0.0
Mustard	6	5	4.5
Dill pickles	4	4	0.0
Sweet pickles	2	0	77.8
Sweet pickle relish	5	5	0.0
White cake with icing	9	6	30.3
Gelatin dessert	23	10	55.6
Apple pie	80	62	21.9
Chocolate pudding	11	11	7.6
Chicken noodle soup	44	36	17.9

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 22 MAY

HEADCOUNT = 96

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	9	9	4.4
Liverwurst	13	12	7.8
Boiled ham	65	63	3.2
Salami	5	4	22.2
Eggs, hard-cooked	30	30	0.0
Egg salad	30	30	0.0
Cottage cheese, creamed	28	28	0.0
American cheese	23	22	2.4
Ice cream, 12% fat	21	20	5.1
Milk, 3.3% fat	182	182	0.0
Salad dressing, mayonnaise	6	6	0.0
Jams and preserves	14	14	0.0
Sugar	1	1	0.0
Rye bread	14	14	0.0
White bread, enriched	43	43	0.0
Whole-wheat bread	11	11	0.0
Saltine crackers	2	2	0.0
Kidney beans, cooked	80	64	19.6
Peanut butter	7	7	0.0
Kidney bean salad	14	14	0.0
Lettuce, raw	26	26	0.0
Tossed salad	3	3	0.0
Catsup	23	21	8.4
Potato chips	30	30	0.0
Figs, syrup packed	9	8	11.8
Peaches, canned	17	17	0.0
Pears, canned	13	13	0.0
Beverage, carbonated cola	86	79	8.4
Beverage, ginger ale	34	31	9.1
Punch, non-carbonated	146	146	0.0
Mustard	2	2	0.0
Green olives	2	2	0.0
Dill pickles	8	8	0.0
Gelatin dessert	46	46	0.0
Orange sherbet	51	49	3.6
Chicken noodle soup	44	44	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 22 MAY

HEADCOUNT = 824

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Chili macaroni	91	79	13.1
Stuffed peppers with beef	94	80	14.5
Frankfurters with cheese	3	3	10.9
Cottage cheese, creamed	9	8	12.7
Cream substitute, dry	0	0	3.6
Ice cream, 12% fat	2	2	11.2
Ice milk, chocolate	1	1	12.6
Milk, 3.3% fat	151	140	7.3
Butter	4	4	10.4
Gravy	45	42	5.2
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	4	4	0.0
Sugar	1	1	16.4
Rye bread	4	3	15.7
White bread, enriched	19	16	14.2
Whole-wheat bread	6	6	11.7
Rice, steamed	27	23	12.7
Kidney bean salad	5	4	23.1
Green beans	4	4	6.0
Cabbage, cooked	10	9	9.1
Sweet corn, whole kernel	39	34	13.2
Lettuce raw	19	14	26.2
Cucumber salad	2	1	24.7
Tomatoes, boiled	13	11	16.0
Catsup	1	1	14.9
Mashed potatoes	62	56	8.6
Beverage, carbonated cola	25	17	32.0
Beverage, ginger ale	30	29	3.2
Beverage, root beer	22	22	2.2
Punch, non-carbonated	66	58	12.5
Mustard	2	2	3.4
Sweet pickles	1	1	34.9
White cake, iced	24	17	28.2
Gelatin dessert	18	14	25.2
Apple pies	16	10	34.7
Vanilla pudding	16	11	31.8
Chicken noodle soup	53	40	24.9

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 22 MAY

HEADCOUNT = 212

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	90	82	8.4
Frankfurters, cooked	14	12	18.1
Cheese cottage, creamed	3	3	23.6
American cheese	12	12	2.7
Milk, 3.3% fat	174	174	0.0
Salad dressing, French	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
White bread, enriched	21	18	16.5
Saltine crackers	2	2	21.3
Hamburger buns, enriched	55	51	8.1
Kidney bean salad	3	2	16.7
Lettuce, raw	21	18	12.2
Catsup	31	26	15.7
Potatoes, French-fried	128	117	9.2
Onions, raw	4	4	0.0
Beverage, carbonated cola	86	85	1.1
Beverage, ginger ale	25	22	9.5
Beverage, root beer	23	21	10.3
Punch, non-carbonated	42	42	0.0
Mustard	4	4	3.2
Sweet pickles	1	0	40.0
Sweet pickle relish	5	5	0.0
White cake, iced	20	14	26.8
Gelatin dessert	17	14	19.8
Apple pie	22	15	31.0
Vanilla pudding	20	14	28.3
Chicken noodle soup	36	27	24.4

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 22 MAY

HEADCOUNT = 99

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Ham (pork)	47	44	4.8
Bologna	10	9	6.0
Liverwurst	5	5	4.0
Salami	11	10	5.7
Eggs, hard-cooked	37	35	4.1
Egg salad	16	14	10.1
Cottage cheese, creamed	12	8	26.3
Cheese American	22	21	4.0
Milk, 3.3% fat	175	175	0.0
Cottage cheese/fruit salad	12	8	26.3
Butter	1	1	0.0
Salad dressing, mayonnaise	5	5	0.0
Jams and preserves	5	5	1.5
Jellies	1	1	0.0
Sugar	1	1	0.0
Rye bread	7	5	23.1
White bread, enriched	39	33	16.7
Whole-wheat bread	7	5	23.1
Saltine crackers	1	0	20.0
Kidney beans, cooked	53	47	11.8
Peanut butter	5	4	19.2
Kidney bean salad	16	14	16.2
Catsup	2	2	6.3
Potato chips	20	17	15.0
Figs, syrup packed	15	13	13.0
Gelatin and fruit salad	34	27	21.3
Beverage, carbonated cola	71	63	11.3
Beverage, ginger ale	11	10	9.1
Beverage, root beer	13	12	7.7
Punch, non-carbonated	42	42	0.0
Mustard	2	2	4.5
Dill pickles	9	9	0.0
Orange sherbet	28	24	13.8

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 22 MAY

HEADCOUNT = 570

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	60	53	12.5
Barbequed beef	27	24	13.2
Chicken, fried	51	35	31.5
Cottage cheese, creamed	3	2	30.0
American Cheese	8	7	9.1
Ice cream, 12% fat	2	2	5.8
Ice milk	26	25	3.8
Ice milk, chocolate	15	15	3.5
Milk, 3.3% fat	119	115	3.9
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
White bread, enriched	2	2	20.4
Hamburger buns, enriched	68	59	12.5
Kidney bean salad	2	1	28.9
Lettuce, raw	11	9	22.1
Barbecue sauce	2	2	18.9
Catsup	26	23	14.6
Potatoes, French-fried	130	115	11.6
Onions, raw	2	2	0.0
Beverage, carbonated cola	130	117	9.8
Beverage, ginger ale	22	20	9.6
Beverage, root beer	23	21	9.8
Punch, non-carbonated	68	62	9.0
Mustard	2	2	10.9
Dill pickles	4	4	0.0
Sweet pickles	2	1	30.8
Sweet pickle relish	3	3	0.0
Popsicle	4	4	5.6

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 22 MAY

HEADCOUNT = 84

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	7	6	11.5
Ham, fried	23	23	2.3
Pork sausage, cooked	30	29	2.0
Eggs, fried	103	98	5.2
French toast batter	18	17	6.6
Milk, 3.3% fat	269	258	4.0
Butter	7	7	8.3
Jellies	6	6	9.6
Maple syrup	14	13	7.6
Sugar	5	4	9.8
White bread, enriched	54	49	10.2
Corn grits	49	41	15.9
Corn flakes	17	16	5.0
Catsup	3	3	3.7
Tomato juice	99	96	3.4
Hash-browned potatoes	50	47	5.9
Punch, non-carbonated	145	144	.8

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 23 MAY

HEADCOUNT = 860

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	6	6	11.5
Fried ham	13	13	3.9
Sausage cooked	9	8	8.8
Eggs, fried	98	93	4.3
French toast batter	14	13	7.5
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	302	273	9.9
Butter	4	4	4.2
Margarine	3	3	5.5
Jams and preserves	8	8	7.5
Maple syrup	13	13	0.0
Sugar	5	5	3.2
White bread, enriched	47	46	2.3
Corn grits	26	24	7.5
Corn flakes	13	13	0.0
Catsup	1	1	5.6
Tomato juice	51	43	15.1
Hash-browned potatoes	42	38	10.2
Beverage, carbonated cola	9	9	0.0
Beverage, ginger ale	2	2	0.0
Punch, non-carbonated	15	6	60.1

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 23 MAY

HEADCOUNT = 187

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	67	60	10.0
Jams and preserves	2	2	0.0
Maple syrup	7	7	0.0
Sugar	8	8	0.0
White bread, enriched	4	4	0.0
Cake doughnut	22	20	9.6
Raised doughnut	51	47	8.3
Raised doughnut, jelly filled	22	20	9.7
Waffles	7	7	0.0
Wheat flakes	19	19	0.0
Tomato juice	38	33	14.0
Grapefruit juice	77	66	14.0
Apple juice	23	18	23.3
Pineapple juice	50	42	16.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 23 MAY

HEADCOUNT = 693

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Ham (pork)	5	5	7.1
Baked pork chops, breaded	109	57	47.9
Cottage cheese, creamed	9	7	14.9
Milk, 3.3% fat	244	236	3.3
Butter	5	5	6.2
Margarine	2	2	15.4
Gravy	17	17	0.0
Salad dressing, French	1	1	0.0
Salad dressing, mayonnaise	2	2	0.0
Salad dressing, Thousand Isle	3	3	0.0
White bread, enriched	19	14	23.0
Saltine crackers	2	1	17.7
Lasagna	120	112	6.6
Hamburger buns, enriched	41	36	11.6
Green peas	12	10	16.1
Kidney bean salad	2	1	19.1
Carrots, cooked	22	19	14.7
Sweet corn, whole kernel	23	20	13.5
Lettuce, raw	14	8	45.0
Coleslaw	7	5	29.4
Sauerkraut	17	13	19.2
Mashed potatoes	104	86	17.5
Beets	2	1	53.7
Cranberry sauce	23	22	5.9
Beverage, carbonated cola	117	117	0.0
Beverage, ginger ale	23	23	0.0
Beverage, root beer	211	211	0.0
Punch, non-carbonated	33	28	14.6
Tea	204	204	0.0
Sweet pickles	3	2	14.8
Chocolate cakes, iced	28	21	27.0
Gelatin dessert	14	11	25.4
Vanilla pudding	48	40	15.0
Tomato soup	45	39	12.6

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 23 MAY

HEADCOUNT = 81

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	67	59	11.5
Frankfurters, cooked	46	45	1.7
Cottage cheese, creamed	16	13	15.9
American cheese	12	12	0.0
Cheese sandwich	40	30	23.9
Milk, 3.3% fat	244	244	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
Saltine crackers	2	1	9.2
Hamburger buns, enriched	54	41	23.9
Kidney bean salad	5	5	5.7
Lettuce, raw	13	13	0.0
Coleslaw	3	3	0.0
Catsup	32	29	8.8
Potatoes, French-fried	123	115	7.0
Onions, raw	8	8	0.0
Beverage, carbonated cola	256	243	4.8
Beverage, ginger ale	28	27	4.3
Beverage, root beer	33	31	3.8
Punch, non-carbonated	29	28	2.3
Mustard	5	5	2.4
Sweet pickle relish	4	4	0.0
White cake iced	28	20	26.6
Gelatin dessert	22	19	14.2
Chocolate pudding	41	35	14.9
Tomato soup	30	30	0.0

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER 23 MAY

HEADCOUNT = 105

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	4	4	0.0
Liverwurst	9	9	0.0
Boiled ham	51	48	4.7
Salami	10	10	0.0
Eggs, hard-cooked	31	31	0.0
Egg salad	19	18	6.9
Buttermilk	10	10	0.0
Cottage cheese, creamed	27	20	27.8
American cheese	15	15	0.0
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	183	183	0.0
Milk, skim	12	12	0.0
Butter	1	1	0.0
Salad dressing, mayonnaise	5	5	0.0
Jams and preserves	9	9	0.0
Rye bread	13	11	18.4
White bread, enriched	45	36	21.0
Whole-wheat bread	13	11	18.4
Saltine crackers	2	1	12.5
Kidney beans	78	68	12.0
Peanut butter	6	6	0.0
Kidney bean salad	15	12	19.5
Lettuce, raw	13	13	0.0
Coleslaw	8	7	22.5
Tossed salad	6	5	23.4
Catsup	2	2	0.0
Potato chips	21	20	6.4
Figs, syrup packed	3	3	0.0
Peaches, canned	8	8	0.0
Pears, canned	5	5	0.0
Beverage, carbonated cola	70	67	4.1
Beverage, ginger ale	25	24	3.8
Beverage, root beer	23	22	4.1
Punch, non-carbonated	57	57	0.0
Mustard	4	4	0.0
Olives	2	2	0.0
Dill pickles	8	8	0.0
Gelatin dessert	35	30	13.6
Orange sherbet	56	43	22.4
Tomato soup	39	35	9.9

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 23 MAY

HEADCOUNT = 807

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Barbequed beef	20	19	6.2
Meat loaf	63	54	14.5
Beef liver	40	34	14.8
Cottage cheese, creamed	15	12	21.2
Cream substitute, dry	0	0	4.5
Milk, 3.3% fat	148	148	0.0
Butter	4	2	40.3
Margarine	1	1	16.7
Gravy	33	33	0.0
Salad dressing, French	2	2	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	2	2	0.0
Sugar	10	10	1.0
Rye bread	5	4	29.2
White bread, enriched	26	21	19.2
Whole-wheat bread	6	5	27.2
Saltine crackers	4	3	10.1
Broccoli	21	18	15.1
Sweet corn, whole kernel	45	39	12.1
Lettuce, raw	10	6	38.4
Coleslaw	5	5	0.0
Catsup	6	6	11.5
Scalloped potatoes	97	80	17.4
Beet salad	4	3	19.1
Beverage, carbonated cola	96	91	5.4
Beverage, ginger ale	39	35	9.6
Beverage root beer	11	10	10.9
Punch, non-carbonated	182	175	3.9
Tea	56	48	14.0
Mustard	8	5	34.5
Sweet pickles	2	2	22.2
White cake, iced	39	29	27.5
Gelatin dessert	14	12	12.0
Vanilla pudding	13	12	8.1
Tomato soup	37	32	12.3

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 23 MAY

HEADCOUNT = 187

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	68	60	11.1
Frankfurters, cooked	11	10	8.1
Cottage cheese, creamed	7	6	14.8
American cheese	11	11	6.1
Cheese sandwich	26	21	21.8
Milk, 3.3% fat	137	137	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
White bread, enriched	5	4	11.1
Hamburger buns, enriched	37	33	10.9
Lettuce, raw	23	20	13.8
Coleslaw	4	3	39.0
Catsup	30	26	14.3
Potatoes, French-fried	95	87	8.3
Onions, raw	5	5	0.0
Beverage, carbonated cola	163	153	6.5
Beverage, ginger ale	29	27	5.6
Beverage, root beer	22	21	7.2
Punch, non-carbonated	119	119	0.0
Mustard	5	3	33.7
Sweet pickle relish	7	7	0.0
Chocolate cake iced	39	36	8.5
Gelatin dessert	8	6	23.6
Vanilla pudding	21	18	10.9
Tomato soup	7	6	14.5

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 23 MAY

HEADCOUNT = 128

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	6	6	6.1
Liverwurst	8	8	4.8
Boiled ham	63	63	0.0
Salami	4	4	3.8
Eggs, hard-cooked	20	19	5.9
Buttermilk	11	11	0.0
Cottage cheese, creamed	13	9	25.0
American cheese	26	25	1.8
Ice cream, 12% fat	15	13	15.2
Milk, 3.3% fat	137	137	0.0
Milk, skim	11	11	0.0
Salad dressing, mayonnaise	5	5	0.0
Jams and preserves	2	2	0.0
Rye bread	12	12	0.0
White bread, enriched	51	51	0.0
Whole-wheat bread	11	11	0.0
Kidney beans, cooked	38	35	8.4
Peanut butter	6	6	2.5
Kidney bean salad	5	3	39.3
Lettuce, raw	10	7	31.7
Coleslaw	13	8	37.3
Catsup	1	1	0.0
Potato chips	10	10	0.0
Figs, syrup packed	5	5	0.0
Beverage, carbonated cola	74	74	0.0
Beverage, ginger ale	18	18	0.0
Beverage, root beer	16	16	0.0
Punch, non-carbonated	119	119	0.0
Mustard	2	2	33.3
Dill pickles	10	10	0.0
Gelatin dessert	25	23	9.3
Popsicle	26	26	0.0
Orange sherbet	17	17	0.0

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 23 MAY

HEADCOUNT = 579

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	61	58	5.2
Chicken, fried	50	33	34.0
Chili con carne with beans	16	14	9.8
Fried ham	5	5	0.0
Cottage cheese, creamed	7	5	19.1
American cheese	10	9	8.9
Ice cream, 12% fat	6	6	3.4
Ice milk	6	6	0.0
Milk, 3.3% fat	66	63	5.5
Salad dressing, mayonnaise	2	2	0.0
White bread, enriched	7	7	0.0
Hamburger buns, enriched	75	69	7.8
Lettuce, raw	14	10	25.5
Coleslaw	4	3	38.6
Catsup	15	14	9.7
Potatoes, French-fried	110	99	10.2
Onions, raw	6	6	0.0
Beverage, carbonated cola	144	135	6.0
Beverage, ginger ale	17	16	8.5
Beverage, root beer	22	21	6.2
Punch, non-carbonated	97	88	9.4
Mustard	3	2	29.8
Dill pickles	3	3	0.0
Sweet pickles	2	2	0.0
Sweet pickle relish	3	3	0.0
White cake, with coconut icing	24	16	33.1
Gelatin dessert	3	3	11.6
Popsicle	1	0	33.3

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 23 MAY

HEADCOUNT = 117

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	16	16	1.4
Pork sausage, cooked	25	25	2.4
Eggs, fried	83	81	2.3
Milk, 3.3% fat	342	325	5.0
Butter	4	3	11.0
Margarine	5	5	7.0
Jellies	11	9	16.7
Maple syrup	15	15	0.0
Sugar	8	5	28.9
White bread, enriched	41	39	4.0
Corn flakes	22	22	0.0
Farina	37	36	5.1
Pancakes	22	20	11.2
Catsup	3	3	0.0
Hash-browned potatoes	51	48	6.5
Punch, non-carbonated	165	161	2.6

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 24 MAY

HEADCOUNT = 798

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	8	8	7.0
Pork sausage, cooked	16	16	5.4
Eggs, fried	88	84	4.4
Cream substitute, dry	1	1	2.5
Milk, 3.3% fat	270	242	10.4
Butter	4	3	5.8
Margarine	5	4	4.7
Jams and preserves	11	10	11.9
Maple sirup	11	11	0.0
Sugar	6	6	6.0
White bread, enriched	34	31	10.0
Corn grits	27	24	9.4
Pancakes	19	15	17.6
Sweet rolls	26	20	22.8
Wheat flakes	12	11	9.9
Catsup	1	1	0.0
Grapefruit	57	18	67.7
Hash-browned potatoes	28	24	13.1
Punch, non-carbonated	79	70	11.5

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 24 MAY

HEADCOUNT = 798

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	8	8	7.0
Pork sausage, cooked	16	16	5.4
Eggs, fried	88	84	4.4
Cream substitute, dry	1	1	2.5
Milk, 3.3% fat	270	242	10.4
Butter	4	3	5.8
Margarine	5	4	4.7
Jams and preserves	11	10	11.9
Maple syrup	11	11	0.0
Sugar	6	6	6.0
White bread, enriched	34	31	10.0
Corn grits	27	24	9.4
Pancakes	19	15	17.6
Sweet rolls	26	20	22.8
Wheat flakes	12	11	9.9
Catsup	1	1	0.0
Grapefruit	57	18	67.7
Hash-browned potatoes	28	24	13.1
Punch, non-carbonated	79	70	11.5

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 24 MAY

HEADCOUNT = 654

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Roast beef	72	64	11.2
Ham and noodle casserole	68	62	8.9
Cottage cheese, creamed	3	3	18.5
Cream substitute, dry	0	0	1.8
Milk, 3.3% fat	277	266	4.0
Butter	5	4	15.1
Margarine	1	1	0.0
Gravy	37	37	0.0
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	4	4	0.0
Sugar	2	2	4.1
Rye bread	4	4	10.9
White bread, enriched	16	13	19.4
Whole-wheat bread	7	6	20.8
Saltine crackers	3	2	10.1
Hamburger buns, enriched	34	21	11.7
Cauliflower	23	21	11.7
Sweet corn, whole	57	49	14.9
Lettuce, raw	22	15	30.1
Coleslaw	1	1	11.2
Catsup	1	1	12.0
Mashed potatoes	110	95	13.7
Potato salad	10	8	19.1
Beets	1	1	37.5
Beverage, carbonated cola	10	9	9.6
Beverage, ginger ale	4	3	17.7
Beverage, root beer	6	5	12.4
Punch, non-carbonated	78	69	11.5
Tea	190	181	4.8
Mustard	0	0	31.3
Gelatin dessert	27	19	28.7
Apple pie	72	66	7.2
Vanilla pudding	39	30	23.4
Split pea soups	37	34	9.1

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 24 MAY

HEACOUNT = 100

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	84	74	12.0
Frankfurters, cooked	13	11	11.9
Cottage cheese, creamed	8	5	34.6
American cheese	12	11	10.8
Cheese sandwich	50	45	10.1
Milk, 3.3% fat	274	274	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	2	2	0.0
Saltine crackers	1	1	7.1
Hamburger buns, enriched	83	78	6.3
Lettuce, raw	13	11	14.3
Catsup	32	28	11.0
Potatoes, French-fried	123	108	11.9
Potato salad	9	4	57.1
Onions, raw	7	7	0.0
Beet salad	1	1	0.0
Beverage, carbonated cola	82	72	12.2
Beverage, ginger ale	82	72	12.2
Beverage, root beer	82	72	12.2
Punch, non-carbonated	60	60	0.0
Mustard	4	3	18.7
Dill pickles	5	5	0.0
Sweet pickle relish	4	4	0.0
Gelatin dessert	39	33	17.0
Apple pie	48	42	12.5
Vanilla pudding	49	38	23.6
Split pea soup	22	19	13.9

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 24 MAY

HEADCOUNT = 99

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Beans with pork/tomato sauce	79	72	8.5
Bologna	16	16	0.0
Pimento and pickle loaf	7	7	3.6
Liverwurst	10	10	2.5
Boiled ham	39	38	2.6
Meat loaf	4	4	6.0
Salami	20	20	1.3
Tuna salad	40	39	.5
Eggs, hard-cooked	3	3	0.0
Buttermilk	10	10	0.0
Cottage cheese, creamed	22	16	23.5
American cheese	20	20	0.0
Ice cream, 12% fat	29	29	1.9
Milk, 3.3% fat	186	186	0.0
Milk, skim	5	5	0.0
Salad dressing, mayonnaise	7	7	0.0
Jellies	5	5	1.1
Sugar	2	2	0.0
Rye bread	7	4	44.1
White bread, enriched	48	45	6.3
Whole wheat bread	7	5	29.4
Saltine crackers	2	1	9.4
Peanut butter	7	7	0.0
Lettuce, raw	15	9	39.2
Tossed salad	5	4	20.8
Catsup	1	0	20.0
Potato chips	19	10	0.0
Potato salad	32	24	25.2
Figs, syrup packed	8	8	0.0
Peaches, canned	7	7	0.0
Pears, canned	11	11	0.0
Beverage, carbonated cola	13	13	0.0
Beverage, ginger ale	21	17	18.3
Punch, non-carbonated	91	91	0.0
Tea	40	35	13.0
Mustard	2	1	23.3
Olives	1	1	0.0
Dill pickles	9	9	0.0
Gelatin dessert	26	24	7.7
Popsicle	31	31	0.0
Orange sherbet	28	28	0.0
Split pea soup	32	26	18.1

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 24 MAY

HEACOUNT = 100

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	84	74	12.0
Frankfurters, cooked	13	11	11.9
Cottage cheese, creamed	8	5	34.6
American cheese	12	11	10.8
Cheese sandwich	50	45	10.1
Milk, 3.3% fat	274	274	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	2	2	0.0
Saltine crackers	1	1	7.1
Hamburger buns, enriched	83	78	6.3
Lettuce, raw	13	11	14.3
Catsup	32	28	11.0
Potatoes, French-fried	123	108	11.9
Potato salad	9	4	57.1
Onions, raw	7	7	0.0
Beet salad	1	1	0.0
Beverage, carbonated cola	82	72	12.2
Beverage, ginger ale	82	72	12.2
Beverage, root beer	82	72	12.2
Punch, non-carbonated	60	60	0.0
Mustard	4	3	18.7
Dill pickles	5	5	0.0
Sweet pickle relish	4	4	0.0
Gelatin dessert	39	33	17.0
Apple pie	48	42	12.5
Vanilla pudding	49	38	23.6
Split pea soup	22	19	13.9

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 24 MAY

HEADCOUNT = 708

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Meat balls	76	67	11.4
Turkey ala king	106	97	9.0
Cottage cheese, creamed	14	13	9.6
Cream substitute, dry	0	0	2.8
Milk, 3.3% fat	167	158	5.6
Butter	2	1	16.5
Margarine	2	1	16.7
Gravy	27	27	0.0
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dresssing, Trousand Isle	8	8	0.0
Sugar	1	1	20.2
Biscuits	14	12	14.4
Rye bread	4	3	11.5
White bread, enriched	15	13	11.2
Whole wheat bread	3	2	14.4
Saltine crackers	2	1	18.2
Hamburger buns, enriched	8	7	12.5
Brussels sprouts	26	22	14.0
Carrots, cooked	33	29	12.5
Lettuce, raw	7	45	38.5
Catsup	2	2	10.4
Potatoes, French-fried	7	7	0.0
Hash-browned potatoes	76	59	22.0
Potato salad	16	15	9.9
Onions, raw	2	2	0.0
Radishes, raw	2	2	0.0
Beet salad	1	1	30.8
Beverage, carbonated cola	111	106	4.2
Beverage, ginger ale	28	26	7.1
Beverage, root beer	9	9	6.0
Punch, non-carbonated	53	53	0.0
Tea	103	93	9.8
Mustard	0	0	18.7
Olives	2	2	0.0
Dill pickles	2	2	0.0
Gelatin dessert	17	13	25.1
Apple pie	33	22	33.5
Chocolate meringue pie	20	17	14.7
Split pea soup	30	27	8.4

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 24 MAY

HEADCOUNT = 187

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	69	64	7.5
Frankfurters cooked	15	14	4.2
Cottage cheese, creamed	7	6	9.9
American cheese	13	13	0.0
Cheese sandwich	11	6	44.8
Milk, 3.3% fat	167	167	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	2	2	0.0
White bread, enriched	15	9	36.4
Saltine crackers	1	1	0.0
Hamburger buns, enriched	57	49	14.9
Lettuce, raw	22	16	28.4
Catsup	26	24	8.3
Potatoes, French-fried	113	99	12.3
Onions, raw	13	12	6.8
Beet salad	1	1	0.0
Beverage, carbonated cola	157	152	3.4
Beverage, ginger ale	52	50	3.6
Beverage, root beer	28	26	6.6
Punch, non-carbonated	37	37	0.0
Mustard	5	4	21.7
Sweet pickle relish	7	3	52.8
Gelatin dessert	21	17	19.2
Apple pie	21	13	38.8
Lemon meringue pie	13	13	0.0
Chocolate pudding	19	3	82.2
Split pea soup	7	6	18.7

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 24 MAY

HEADCOUNT = 120

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	10	9	6.8
Pimento and pickle loaf	4	4	10.2
Liverwurst	6	5	7.2
Boiled ham	45	43	3.0
Meat loaf	7	7	5.8
Salami	4	4	10.2
Tuna salad	15	15	0.0
Eggs, hard-cooked	29	25	13.1
Buttermilk	8	8	0.0
Cottage cheese, creamed	10	9	10.3
American cheese	23	23	0.0
Ice milk	8	8	0.0
Milk, 3.3% fat	167	167	0.0
Milk, skim	20	20	0.0
Butter	1	1	0.0
Salad dressing, mayonnaise	6	6	0.0
Jams and preserves	6	6	0.0
Sugars	2	1	27.3
Rye bread	34	32	5.5
White bread, enriched	43	41	4.3
Whole wheat bread	16	15	6.7
Saltine crackers	1	1	0.0
Kidney beans, cooked	65	53	18.9
Peanut butter	5	5	0.0
Lettuce, raw	6	3	53.0
Catsup	17	15	8.0
Potato chips	26	26	0.0
Potato salad	33	30	8.8
Figs, syrup packed	7	7	0.0
Beverage, carbonated cola	62	58	6.7
Beverage, ginger ale	4	3	22.2
Beverage, root beer	23	21	7.4
Punch, non-carbonated	37	37	0.0
Mustard	5	3	15.8
Dill pickles	9	8	17.9
Gelatin dessert	30	24	20.6
Popsicle	21	21	0.0
Orange sherbet	22	18	18.3

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 24 MAY

HEADCOUNT = 599

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	49	45	7.0
BBQ beef	15	14	2.1
Chicken, fried	45	30	34.0
Cottage cheese, creamed	9	7	18.5
American cheese	6	5	6.1
Ice cream, 12% fat	13	11	10.9
Ice milk	6	6	11.3
Milk, 3.3% fat	80	78	2.5
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	1	1	0.0
White bread, enriched	2	1	33.3
Cheese/sausage pizza	33	32	4.7
Hamburger buns, enriched	51	45	12.1
Lettuce, raw	12	9	25.7
Catsup	22	21	6.1
Potatoes, French-fried	97	84	13.6
Potato salad	10	8	15.4
Onions, raw	6	6	0.0
Beverage, carbonated cola	159	147	7.4
Beverage, ginger ale	29	27	6.7
Beverage, root beer	28	26	6.9
Punch, non-carbonated	85	77	9.7
Mustard	4	3	5.7
Dill pickles	4	4	0.0
Sweet pickle relish	3	3	0.0
Gelatin dessert	9	7	15.6
Popsicle	5	5	10.7
Apple pie	31	23	23.9
Chocolate pudding	2	2	28.3

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 24 MAY

HEADCOUNT = 98

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	19	18	4.4
Pork sausage, cooked	15	13	11.5
Eggs, fried	102	97	5.0
Eggs, hard-cooked	8	8	0.0
French toast batter	7	5	21.9
Milk, 3.3% fat	394	378	3.9
Margarine	8	7	12.0
Jams and preserves	9	8	15.2
Maple syrup	13	13	3.8
Sugar	4	3	19.0
White bread, enriched	50	46	7.2
Corn grits	49	44	10.4
Corn flakes	31	29	3.7
Catsup	4	4	0.0
Grapefruit juice	44	41	6.9
Hash-browned potatoes	98	90	7.7
Punch, non-carbonated	220	212	4.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 25 MAY

HEADCOUNT = 819

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	9	8	11.0
Ground hamburger creamed	28	26	4.8
Pork sausage cooked	12	12	4.0
Eggs, fried	116	112	3.6
French toast batter	12	10	16.4
Cream substitute, dry	1	1	.5
Milk, 3.3% fat	194	194	0.0
Butter	5	5	2.8
Margarine	3	3	5.2
Jellies	8	7	5.5
Maple syrup	11	11	0.0
Sugar	6	6	4.0
Biscuits	9	8	14.9
White bread, enriched	44	41	7.3
Corn grits	18	16	10.0
Corn flakes	12	11	7.9
Catsup	6	6	.5
Grapefruit juice	82	79	3.7
Hash-browned potatoes	42	37	10.4
Punch, non-carbonated	61	56	7.3

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 25 MAY

HEADCOUNT = 168

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	310	298	3.9
Butter	1	1	0.0
Jellies	1	1	0.0
Maple syrup	11	11	0.0
Sugars	7	7	0.0
White bread, enriched	4	4	0.0
Cake doughnuts	34	33	2.7
Raised doughnuts	17	16	5.5
Raised doughnut, jelly filled	11	10	8.1
Waffles	9	9	0.0
Wheat flakes	27	27	0.0
Tomato juice	32	24	23.5
Grapefruit	35	27	21.4
Apple juice	51	43	14.7
Pineapple juice	37	29	20.2

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 25 MAY

HEADCOUNT = 633

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Meat balls	54	47	12.8
Fried ham	5	4	7.0
Roast pork	29	23	18.3
Ham and noodle casserole	21	20	9.1
Milk, 3.3% fat	250	250	0.0
Cot cheese and veg salad	6	5	20.2
Butter	2	2	20.0
Margarine	3	2	15.6
Gravy	36	36	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	4	4	0.0
Sugar	1	1	8.6
Rye bread	4	2	40.4
White bread, enriched	24	23	6.3
Whole wheat bread	5	4	30.3
Bread stuffing	37	32	13.8
Saltine crackers	3	2	34.5
Macaroni salad	11	9	18.6
Green peas	31	26	16.2
Cauliflower	3	3	0.0
Sweet corn, whole kernal	17	14	14.3
Eggplant, boiled	12	11	15.0
Lettuce, raw	19	13	29.5
Catsup	1	1	0.0
Tomato sauce	10	10	0.0
Mashed potatoes	97	85	12.4
Potato salad	22	20	10.0
Onions, raw	1	1	45.0
Radishes, raw	1	1	45.0
Applesauce	45	42	7.2
Beverage, carbonated cola	76	74	3.4
Beverage, ginger	22	19	11.9
Beverage, root beer	14	12	18.5
Punch, non-carbonated	83	83	0.0
Tea	115	104	10.1
Olives	1	1	45.0
White cake iced	25	20	22.8
Cookies, assorted	8	7	9.8
Gelatin dessert	42	33	21.9
Vanilla pudding	38	33	13.0
Vegetable beef soup	76	62	17.6

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 25 MAY

HEADCOUNT = 97

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	95	89	6.2
Frankfurters, cooked	14	13	7.2
American cheese	11	9	17.3
Cheese sandwich	39	36	8.0
Milk, 3.3% fat	201	201	0.0
Cot cheese and veg salad	1	1	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	13	13	0.0
Saltine crackers	3	2	25.9
Hamburger buns, enriched	95	80	15.5
Macaroni salad	13	11	16.0
Lettuce, raw	19	16	13.8
Catsup	28	26	6.8
Potatoes, French-fried	128	119	6.6
Potato salad	4	3	13.3
Onions, raw	6	6	0.0
Beverage, carbonated cola	113	104	8.2
Beverage, ginger ale	22	19	14.7
Beverage, root beer	6	6	12.1
Punch, non-carbonated	67	67	0.0
Mustard	4	4	2.6
Sweet pickle relish	8	7	5.3
White cake iced	6	5	9.1
Cookies, assorted	7	7	3.0
Gelatin dessert	51	36	30.0
Chocolate pudding	16	14	12.8
Vegetable beef soup	79	67	15.6

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 25 MAY

HEADCOUNT = 56

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	29	29	0.0
Pimento and pickle	9	9	3.8
Liverwurst	5	5	6.7
Boiled ham	39	39	9.5
Meat loaf	5	5	6.9
Salami	3	3	12.5
Tuna salad	32	32	0.0
Eggs, hard-cooked	51	51	1.4
Buttermilk	13	13	0.0
Cottage cheese, creamed	21	19	7.8
American cheese	43	42	2.1
Cream substitute, dry	3	3	0.0
Ice cream, 12% fat	42	41	2.4
Milk, 3.3% fat	271	271	0.0
Milk, skim	17	17	0.0
Salad dressing, mayonnaise	9	9	0.0
Jams and preserves	5	5	0.0
Sugars	3	3	0.0
Rye bread	8	7	5.7
White bread, enriched	49	42	12.8
Whole wheat bread	8	8	5.5
Saltine crackers	2	1	27.3
Macaroni salad	43	36	16.5
Kidney beans, cooked	66	60	8.2
Peanut butter	5	5	0.0
Lettuce, raw	17	14	20.8
Tossed salad	2	1	47.6
Catsup	3	3	0.0
Potato chips	3	3	0.0
Potato salad	3	3	25.6
Figs, syrup packed	1	1	0.0
Peaches, canned	6	6	0.0
Pears, canned	13	13	0.0
Beverage, carbonated cola	129	117	9.0
Beverage, ginger ale	58	53	9.2
Beverage, root beer	47	42	11.3
Punch, non-carbonated	67	67	0.0
Tea	143	129	10.0
Mustard	4	4	4.8
Olives	1	1	0.0
Dill pickles	5	3	38.5
Gelatin Dessert	45	33	27.6
Popsicle	27	27	0.0
Orange sherbet	13	12	7.6
Vegetable beef soup	58	47	18.5

# FOOD CONSUMPTION AND PLATE WASTE

MAIN SUPPER, 25 MAY

HEADCOUNT = 696

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
BBQ chicken	117	68	42.0
Spanish frankfurters	79	64	19.7
Tuna salad	11	10	13.2
Cottage cheese, creamed	6	5	12.4
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	164	164	0.0
Butter	3	3	10.3
Margarine	1	1	13.8
Gravy	9	9	0.0
Salad dressing, French	1	1	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, Thousand Isle	3	3	0.0
Sugar	3	3	3.5
Bread rye	5	4	12.3
White bread, enriched	20	17	12.1
Whole wheat bread	6	5	11.1
Saltine crackers	2	2	15.4
Noodles, egg	80	69	14.7
Green beans	35	31	9.6
Cauliflower	25	22	11.7
Eggplant, boiled	14	12	16.0
Lettuce, raw	17	12	26.0
Catsup	2	2	14.8
Potato salad	10	8	11.0
Onions, raw	1	0	33.8
Radishes, raw	1	0	33.8
Beverage, carbonated cola	79	71	10.5
Beverage, ginger ale	25	23	8.0
Beverage, root beer	16	15	8.1
Punch, non-carbonated	134	127	5.5
Tea	46	40	13.6
Mustard	0	0	7.4
Olives	1	0	33.8
Dill pickles	1	0	33.8
White cake, iced	26	20	22.4
Cookies, assorted	5	4	6.5
Gelatin dessert	22	18	18.8
Vegetable beef soup	51	46	11.1

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER SUPPER, 25 MAY

HEADCOUNT = 200

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Hamburger beef, cooked	63	58	8.1
Frankfurters, cooked	16	16	1.3
Tuna salad	14	13	12.5
Cottage cheese, creamed	3	3	7.4
American cheese	11	11	0.0
Cheese sandwich	25	22	13.1
Milk, 3.3% fat	164	164	0.0
Salad dressing, Italian	1	1	0.0
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	1	1	0.0
White bread, enriched	9	7	22.4
Saltine crackers	1	1	21.4
Hamburger buns, enriched	54	46	14.8
Lettuce, raw	9	8	11.0
Catsup	31	29	6.5
Potatoes, French-fried	116	106	8.6
Potato salad	12	10	16.8
Onions, raw	5	5	0.0
Beverage, carbonated cola	109	96	11.5
Beverage, ginger ale	18	15	15.1
Beverage, root beer	26	23	13.2
Punch, non-carbonated	86	86	0.0
Mustard	5	5	8.3
Sweet pickle relish	6	4	31.2
White cake, iced	23	18	22.7
Cookies, assorted	4	4	5.7
Gelatin dessert	28	22	19.9
Chocolate pudding	18	6	64.4
Chicken noodle soup	31	27	10.6

# FOOD CONSUMPTION AND PLATE WASTE

DIET SUPPER, 25 MAY

HEADCOUNT = 132

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bologna	5	5	2.9
Pimento and pickle loaf	3	3	4.3
Liverwurst	1	1	6.3
Boiled ham	87	86	2.1
Meat loaf	4	4	1.8
Salami	4	4	0.0
Tuna salad	35	30	14.1
Eggs, hard-cooked	20	17	15.2
Buttermilk	9	9	0.0
Cottage cheese, creamed	8	7	14.2
American cheese	29	29	1.0
Ice cream, 12% fat	20	19	2.9
Milk, 3.3% fat	164	164	0.0
Milk, skim	11	11	0.0
Butter	0	0	25.0
Salad dressing, mayonnaise	4	4	0.0
Jams and preserves	10	10	5.2
Jellies	1	1	0.0
Sugar	1	1	0.0
Rye bread, enriched	42	37	12.7
Whole wheat bread	5	4	15.4
Kidney bean, cooked	53	41	21.9
Peanut butter	8	8	6.6
Lettuce, raw	7	5	33.3
Catsup	2	2	4.5
Potato chips	2	19	8.8
Potato salad	10	9	9.5
Figs, syrup packed	7	5	37.1
Beverage, carbonated cola	72	66	8.4
Beverage, ginger ale	13	11	9.1
Beverage, root beer	22	19	10.5
Punch, non-carbonated	86	86	0.0
Mustard	4	3	5.3
Dill pickles	7	7	0.0
Gelatin dessert	26	20	20.7
Orange sherbet	10	9	2.0

# FOOD CONSUMPTION AND PLATE WASTE

LATE SUPPER, 25 MAY

HEADCOUNT = 642

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Roast beef	12	12	2.1
Hamburger beef, cooked	54	51	5.5
Chicken, fried	15	11	30.2
BBQ chicken	9	7	21.7
Shrimp, French-fried	34	32	8.0
Cottage cheese, creamed	4	3	19.2
American cheese	7	6	5.7
Milk, 3.3% fat	121	118	2.1
Salad dressing, mayonnaise	3	3	0.0
Salad dressing, Thousand Isle	1	1	0.0
Hamburger buns, enriched	48	41	15.7
Macaroni salad	9	7	19.0
Lettuce, raw	14	11	23.7
Catsup	23	21	11.7
Tomato sauce	8	7	10.3
Potatoes, French-fried	105	93	11.3
Potato salad	2	2	14.7
Onions, raw	5	5	0.0
Beverage, carbonated cola	96	83	13.9
Beverage, ginger ale	19	16	13.6
Beverage, root beer	18	16	11.5
Punch, non-carbonated	45	39	12.4
Mustard	2	2	7.2
Dill pickles	3	3	0.0
Sweet pickle relish	3	3	0.0
White cake, iced	15	11	27.6
Cookies, assorted	4	4	9.4
Gelatin dessert	15	12	19.4
Vanilla pudding	8	7	9.5

# FOOD CONSUMPTION AND PLATE WASTE

MIDNIGHT BREAKFAST, 25 MAY

HEADCOUNT = 105

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	19	18	9.3
Pork sausage, cooked	20	20	1.9
Eggs, fried	123	121	1.3
Eggs, hard-cooked	14	14	0.0
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	357	337	5.7
Butter	5	5	9.1
Jams and preserves	11	10	9.0
Maple syrup	17	17	0.0
Sugar	6	5	16.7
White bread, enriched	28	25	9.2
Corn grits	45	41	9.1
Corn flakes	24	24	.8
Pancakes	22	19	12.6
Catsup	3	3	22.2
Hash-browned potatoes	52	49	5.7
Punch, non-carbonated	48	38	20.9

# FOOD CONSUMPTION AND PLATE WASTE

MAIN BREAKFAST, 26 MAY

HEADCOUNT = 983

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Bacon, fried	15	14	5.5
Pork sausage, cooked	13	13	3.2
Eggs, fried	92	89	3.3
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	253	253	0.0
Butter	5	5	2.7
Margarine	2	2	3.3
Jellies	10	9	8.4
Maple syrup	14	14	0.0
Sugar	7	7	4.1
Biscuits	4	2	32.6
White bread, enriched	29	26	12.8
Corn flakes	15	14	8.3
Pancakes	24	21	13.0
Catsup	2	2	5.6
Hash-browned potatoes	48	44	9.6
Bananas	90	78	13.0
Punch, non-carbonated	56	49	12.9
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	493	446	9.4
Butter	1	1	0.0
Jellies	3	3	0.0
Sugar	7	7	0.0
White bread, enriched	8	8	0.0
Doughnuts, cake	34	29	13.3
Raised doughnuts	48	43	9.4
Waffles	12	11	4.8
Wheat flakes	18	18	0.0
Tomato juice	32	30	6.6
Grapefruit juice	47	44	4.6
Apple juice	47	44	4.6
Pineapple juice	31	29	6.8
Punch, non-carbonated	42	42	0.0

# FOOD CONSUMPTION AND PLATE WASTE

CONTINENTAL BREAKFAST, 26 MAY

HEADCOUNT = 172

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Cream substitute, dry	1	1	0.0
Milk, 3.3% fat	493	446	9.4
Butter	1	1	0.0
Jellies	3	3	0.0
Maple syrup	16	16	0.0
Sugar	7	7	0.0
White bread, enriched	8	8	0.0
Cake doughnuts	34	29	13.3
Raised doughnuts	48	43	9.4
Waffles	12	11	4.8
Wheat flakes	18	18	0.0
Tomato juice	32	30	6.6
Grapefruit juice	47	44	4.6
Apple juice	47	44	4.6
Pineapple juice	31	29	6.8
Punch, non-carbonated	42	42	0.0

# FOOD CONSUMPTION AND PLATE WASTE

MAIN DINNER, 26 MAY

HEADCOUNT = 515

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
BBQ chicken	34	24	29.4
Chili con carne with beans	134	123	8.5
Perch, fried	36	32	13.6
Cottage cheese, creamed	19	18	6.5
Milk, 3.3% fat	197	197	0.0
Butter	5	5	5.4
Margarine	3	2	10.3
Salad dressing, French	2	2	0.0
Salad dressing, Italian	2	2	0.0
Salad dressing, mayonnaise	1	1	0.0
Salad dressing, Thousand Isle	4	4	0.0
Tartar sauce	3	2	24.7
Sugar	2	2	4.1
Rye bread	5	4	23.7
White bread, enriched	16	14	10.3
Whole wheat bread	8	7	12.1
Saltine crackers	4	3	16.5
Rice, steamed	83	72	13.8
Kidney bean salad	2	1	45.2
Asparagus	3	3	0.0
Tossed salad	22	12	47.9
Spinach	24	19	19.6
Catsup	3	2	35.1
Mixed vegetables	49	40	17.6
Beverage, carbonated cola	236	228	3.4
Beverage, ginger ale	42	24	19.1
Beverage, root beer	16	8	50.3
Punch, non-carbonated	155	147	4.7
Tea	71	71	0.0
Mustard	0	0	25.0
White cake, iced	17	11	37.9
Gelatin dessert	26	20	23.3
Blueberry pie	44	38	12.2
Cherry pie	28	25	9.0
Chicken noodle soup	63	53	15.9

# FOOD CONSUMPTION AND PLATE WASTE

SHORT ORDER DINNER, 26 MAY

HEADCOUNT = 114

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Beef hamburger, cooked	98	88	10.1
Frankfurters, cooked	11	10	16.9
Cottage cheese, creamed	4	4	8.9
American cheese	14	14	0.0
Cheese sandwich	55	50	8.0
Milk, 3.3% fat	181	181	0.0
Salad dressing, Italian	2	2	0.0
Salad dressing, mayonnaise	4	4	0.0
Salad dressing, Thousand Isle	4	4	0.0
Saltine crackers	3	2	13.3
Hamburger buns, enriched	58	47	19.6
Kidney bean salad	4	3	25.0
Lettuce, raw	6	6	0.0
Tossed salad	21	7	67.5
Catsup	5	4	10.2
Potatoes, French-fried	130	117	9.9
Onions, raw	5	5	0.0
Beverage, carbonated cola	94	89	5.6
Beverage, ginger ale	36	32	9.9
Beverage, root beer	19	18	9.1
Punch, non-carbonated	15	15	0.0
Tea	47	47	0.0
Mustard	5	4	17.5
Sweet pickle relish	5	5	0.0
White cake, iced	17	15	10.4
Gelatin dessert	19	17	9.3
Blueberry pie	46	42	9.5
Cherry pie	17	14	15.6
Chicken noodle soup	39	31	22.3

# FOOD CONSUMPTION AND PLATE WASTE

DIET DINNER, 26 MAY

HEADCOUNT = 104

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Beans with pork/tomato sauce	67	59	12.6
Bologna	7	7	4.2
Pimento and pickle loaf	7	6	7.1
Liverwurst	3	3	12.5
Boiled ham	58	58	0.0
Meat loaf	3	3	9.4
Salami	8	8	0.0
Tuna salad	71	68	5.1
Eggs, hard-cooked	22	20	10.3
Buttermilk	8	8	0.0
Cottage cheese, creamed	20	18	9.6
American cheese	37	37	0.0
Ice cream, 12% fat	41	41	0.0
Ice milk	17	17	0.0
Milk, 3.3% fat	221	212	4.3
Milk, skim	5	5	0.0
Salad dressing, mayonnaise	7	7	0.0
Jams and preserves	13	12	7.6
Sugar	1	1	0.0
Rye bread	4	1	73.1
White bread, enriched	15	12	20.9
Whole wheat bread	4	1	72.9
Peanut butter	10	9	8.0
Kidney bean salad	3	3	27.8
Lettuce, raw	9	9	0.0
Tossed salad	2	2	0.0
Catsup	7	5	26.3
Potato chips	20	18	9.7
Figs, syrup packed	2	2	0.0
Peaches, canned	5	5	0.0
Pears, canned	3	3	0.0
Beverage, carbonated cola	50	46	7.7
Beverage, ginger ale	33	29	11.8
Beverage, root beer	79	75	4.9
Punch, non-carbonated	17	73	5.0
Olives	1	1	0.0
Dill pickles	11	11	0.0
Gelatin dessert	51	51	0.0
Popsicle	13	13	0.0
Orange sherbet	13	13	0.0
Soup chicken noodle	33	33	0.0

# FOOD CONSUMPTION AND PLATE WASTE

## SUMMARY BY FOOD TYPE

FOOD ITEM	SERVED GM/MAN	CONSUMED GM/MAN	WASTE %
Meat, fish and poultry	9405	8369	11.0
Eggs, and egg products	2748	2638	4.0
Milk and milk products	25088	24208	3.5
Butter	321	298	7.1
Fats, other	912	893	2.0
Sugars	1012	959	5.2
Grain products	8513	7601	10.7
Legumes and nuts	1212	1041	14.1
Veg, leafy green and yellow	2239	1836	18.0
Tomatoes	1657	1502	9.4
Citrus fruits	846	737	12.9
White potatoes	6581	5826	11.5
Vegetables, other	392	351	10.5
Fruits, other	1695	1515	10.6
Beverage	19920	18635	6.5
Miscellaneous	624	582	6.7
Desserts	4860	4012	17.5
Soups	1905	1615	15.2

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